

October

Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
1	30 Black Bean Taco Salad (Served w/ Tortilla Chips)	1 <i>TACO TUESDAY</i>	2 Caesar Salad (w/ chicken or Chickpeas)	3 <i>Pizza Day!</i>	4 Nachos	5
6	7 <i>Hummus & Veggies</i>	8 Chicken Alfredo	9 <i>Turkey & Cheese Sandwiches or Grilled Cheese</i>	10 Pambazo!	11 <i>Loaded Baked Potato</i>	12
13	14 Indigenous Peoples Day Feast: Three Sisters Stew (Vegetarian) served w/ Cornbread	15 Buffalo Chicken Wraps (or Chickpea)	16 Mac & Cheese	17 Thai Basil Beef	18 Chipotle Ranch Salad (w/ Grilled Chicken or Black Beans)	19
20	21 Red Beans & Rice	22 Chicken (or Bean & Cheese) Burritos	23 <i>(Turkey) Bacon Avocado Sandwich or Avocado and Hummus Sandwich</i>	24 Ramen (Chicken or Veg)	25 SW Style Penne Pasta (w/ Ground Turkey or Black Beans)	26
27	28 Quesadillas	29 Teryaki Chicken(or Tofu) Bowl	30 Chili Con Carne (or Chili con Frijoles) served w/ a Cornbread Muffin	31 Pizza Day! (Community Lunch)	1 <i>NO SCHOOL</i>	