

# October 2018

Mon	Tue	Wed	Thu	Fri
1 Chicken Caesar Salad  V,GF	2 Turkey meatball Sub	3 Chicken Broccoli Ziti	4 Vegetable Stir fry w/spring roll  V, GF	5 Pizza  V, GF
8 Columbus Day Closed	9 Turkey Bacon and melted cheese sandwich on a bagel  V,GF	10 Grilled Salmon  GF	11 Roasted Chicken Breast	12 Pizza  V,GF
15 Baked Pretzel w/yogurt  V	16 French Toast Sticks  V	17 Spaghetti and turkey meatballs	18 Ground Turkey Tacos  GF	19 Pizza  V,GF
22 Fish Sticks	23 Chicken Tenders	24 Shepherd's Pie w/ground turkey  GF	25 Homemade pulled chicken sandwich  GF	26 Pizza  V, GF
29 Chicken Patty Sandwich	30 Pasta w/butter  V	31 Ground Turkey Chili  GF		

V=Vegetarian  
 GF=Gluten Free