

Monday

Tuesday

Wednesday

Thursday

Friday

Deli Sandwiches **5**
 Wheat Bread
 Vegetables
 Fruit
 Milk

Caesar Salad **6**
 Chicken/ *Chickpeas (V)*
 WG Croutons
 Vegetables
 Fruit
 Milk

HARVEST SOUP! **7**
 Grilled Cheese (V)
 Pocantico's Garden
 Harvest Soup
 Fruit
 Milk

Deli Sandwiches **1**
 Wheat Bread
 Vegetables
 Fruit
 Milk

Whole Grain Pizza **2**
 Vegetables
 Fruit
 Fruit Smoothie
 Milk

NO SCHOOL **12**
 COLUMBUS DAY

Chicken, Bean, Cheese **13**
 & Rice Burrito
Bean, Cheese & Rice Burrito (V)
 Roasted Corn
 Fruit
 Milk

Chicken Ranch Wrap/
Hummus Wrap (V) **14**
 Vegetables
 Fruit
 Milk

Baked Ziti **15**
 Whole Grain Pasta,
 Tomato Sauce &
 Mozzarella Cheese (V)
 Vegetables
 Fruit
 Milk

Whole Grain Pizza **16**
 Vegetables
 Fruit
 Fruit Smoothie
 Milk

Deli Sandwiches **19**
 Wheat Bread
 Vegetables
 Fruit
 Milk

Chicken & Cheese **20**
 Quesadillas
Cheese Quesadillas (V)
 Roasted Corn
 Fruit
 Milk

Caesar Salad **21**
 Chicken/ *Chickpeas (V)*
 WG Croutons
 Vegetables
 Fruit
 Milk

All Beef Burger **22**
Veggie Burger (V)
 Whole Wheat Bun
 Baked Beans
 Fruit
 Milk

Whole Grain Pizza **23**
 Vegetables
 Fruit
 Fruit Smoothie
 Milk

Deli Sandwiches **26**
 Wheat Bread
 Vegetables
 Fruit
 Milk

Nacho Tuesday! **27**
 Corn Tortilla Chips
Ground Turkey/ Black Beans (V)
 Roasted Corn
 Fruit
 Milk

Yogurt Parfaits (V) **28**
Hummus and Pita (V)
 Vegetables
 Fruit
 Milk

Grilled Cheese (V) **29**
 Whole Grain Bread
 Tomato Soup
 Fruit
 Milk

Whole Grain Pizza **30**
 Vegetables
 Fruit
 Fruit Smoothie
 Milk
Pumpkin Bread Dessert

Please speak to the school nurse, cook, or kitchen staff regarding food allergies or intolerances.

