

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mondays are all-vegetarian menus. On other days, if meat is served, vegetarian entree is in {curly brackets}</p> <p>Whenever possible, meats are antibiotic- and hormone-free</p>	<p>"The USDA is an equal opportunity provider and employer"</p> <p>Per USDA regulation: All milk is 1% (unflavored) or nonfat (flavored) All grain products are whole-grain rich</p>	<p>1</p> <p>Salmon {Roasted Curry Tofu} Lentil Salad Roasted Acorn Squash Fruit Milk</p>	<p>2</p> <p>Meatloaf {Mushroom loaf} Collard greens Mac and cheese Fruit Milk</p>	<p>3</p> <p>Chicken Teriyaki {Mixed Vegetable Teriyaki} Mixed Vegetables Brown Rice Fruit Milk</p>
<p>6</p> <p>Farmer's Market Veggie Plate <i>A variety of vegetable sides incorporating this week's best produce</i> Cornbread Fruit Milk</p>	<p>7</p> <p>Pozole Verde with Chicken {Veggie Pozole Verde} Rice and beans Fruit Milk</p>	<p>8</p> <p>Pulled Pork Sliders {Veggie Burger} German potato salad Cole slaw Fruit Milk</p>	<p>9</p> <p>FALL BREAK</p>	<p>10</p> <p>FALL BREAK</p>
<p>13</p> <p>FALL BREAK</p>	<p>14</p> <p>Hot Ham & Cheese Sandwich {Grilled Cheese Sandwich} Cole slaw German Potato Salad Fruit Milk</p>	<p>15</p> <p>Chili Nachos w/Cheese {Nachos w/Cheese and pinto beans} Tomato salsa, lettuce, sour cream, pickled jalapenos Fruit Milk</p>	<p>16</p> <p>Beef Stroganoff {Mushroom Stroganoff} Green Salad Pickled Beets Fruit Milk</p>	<p>17</p> <p>Veggie Hot Dog Peas and carrots Fruit Milk</p>
<p>20</p> <p>Grilled Cheese Sandwich Tomato Soup German Potato Salad Fruit Milk</p>	<p>21</p> <p>Roast Chicken with Gravy {Roast Tofu with Onion Gravy} Cornbread Stuffing Spinach Casserole Fruit Milk</p>	<p>22</p> <p>Chicken Pot Pie {Veggie Pot Pie} Green salad Fruit Milk</p>	<p>23</p> <p>Beef Tacos {Black Bean Tacos} Lettuce/Tomato/Cheese Roast pumpkin w/ chile & lime Fruit Milk</p>	<p>24</p> <p>Shrimp Etouffee {Eggplant etouffee} Brown rice Green beans with garlic butter Fruit Milk</p>
<p>27</p> <p>Veggie Chili Cornbread Green salad Fruit Milk</p>	<p>28</p> <p>Jerk Chicken Wings {Jerk Tofu} Pigeon peas and rice Fried plantains Fruit Milk</p>	<p>29</p> <p>Shepherd's Pie {Gardener's Pie} Green Beans Whole Wheat Roll Fruit Milk</p>	<p>30</p> <p>Cheese Pizza Greek Salad Fruit Milk</p>	<p>31</p> <p>Chicken Caesar Salad {Veggie Caesar Salad} Butternut squash Fruit Milk</p>

