

# OCTOBER 2019

## MEATLESS MONDAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Nachos Vegetable Shortbread	2 Pasta Fagioli Caesar Salad Fruit	3 Slow Roast Pork Risotto Vegetable Chocolate Cake	4 Pizza Salad Fruit	5
6	7 Grilled Cheese Tomato Soup Salad Fruit	8 Taco Tuesday Vegetable Fruit Cobbler	9 SCHOOL CLOSED  YOM KIPPUR	10 Chicken Soup Conshy Italian Bread Oatmeal Cookie	11 Pizza Salad Fruit	12
13	14 Baked Ziti Salad Fruit	15 Chicken Tikka Masala Basmati Rice Vegetable Panna Cotta	16 Burger Salad Fruit	17 <u>Sukkot Meal</u> Salmon Cake Roasted Root Vegetables Cinnamon Apple Treat	18 Pizza Salad Fruit	19
20	21 NO SCHOOL FOR STUDENTS  FAMILY CONFERENCES	22 NO SCHOOL FOR STUDENTS  FAMILY CONFERENCES	23 Italian Wedding Soup Conshy Italian Bread Salad Fruit	24 Turkey Hoagie Vegetable Cheesecake Bar	25 Pizza Salad Fruit	26
27	28 <u>Breakfast for Lunch</u> Pancakes Cheesy Eggs Fruit	29 <u>Try-It-Tuesday</u> Chicken Fried Rice Vegetable <u>Head of School Mr.</u> <u>Herman's Coconut</u> <u>Custard Pie</u>	30 Mac and Cheese Salad Fruit	31 Chili con Carne Rice Vegetable Pumpkin Cannoli		