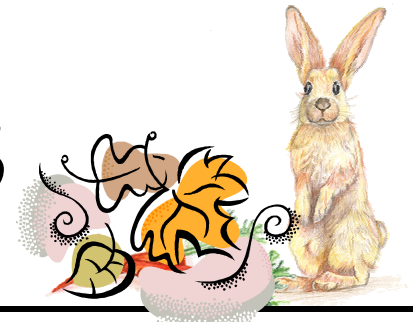



# October Lunches



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Carrots, Lettuce, and Chard are from our garden! and snap peas are coming!</p> <p><i>"Even if something is left undone, everyone must take time to sit still and watch the leaves turn."</i></p> <p>~Elizabeth Lawrence</p>				
<p>3 Potato Soup Whole Wheat Bread Sticks Fresh Fruit</p>	<p>4 Lentil Stew Sliced Apples Cole Slaw</p>	<p>5 PB &amp; Honey Sandwich Fresh Vegetable Fresh Pears</p>	<p>6 Butternut Squash Enchiladas Mexican Rice Fresh Apple Sauce</p>	<p>7 Baked Beans w/Turkey Franks Cole Slaw Fresh Fruit</p>
<p>10 Mac and Cheese Fresh Steamed Chard Fresh Pears</p>	<p>11 Oven Chicken Winter Squash Fresh Fruit</p>	<p>12 Spaghetti and Meat balls Fresh Fruit Fresh Vegetable</p>	<p>13 Meatloaf Mashed Potatoes Maple Carrots</p>	<p>14 Vegetable Fettuccini Green Salad Fresh Fruit</p>
<p>17 Quesadillas Black Beans Fresh Fruit Salad</p>	<p>18 Chicken stir fry Brown rice Fresh apple sauce</p>	<p>19 Turkey Chili with Cheddar Pumpkin Muffins Red/Green Coleslaw</p>	<p>20 BBQ Hamburgers Fresh Fruit Carrot Sticks</p>	<p>21 Hot Dogs Potato Salad Fresh Fruit</p>
<p>24 Ravioli Steamed carrots Fresh Fruit</p>	<p>25 Black Bean Burrito Brown Rice Fresh Fruit</p>	<p>26 Chicken Tacos Black Beans Fresh fruit</p>	<p>27 Tuna Melts Fresh Vegetable Fresh Fruit</p>	<p>28 Fresh vegetable soup Corn bread Pear slices</p>
<p>31  <i>Pajama Day! Be Surprised!</i></p>	<p>We are making every effort to buy fresh, local, organic produce to serve to your children. So beginning in this month's menu you will find places where it simply states "fresh vegetable " and/or "fresh fruit". When we know a produce item is available (i.e. Apples in the fall) we will list it. This gives us the option to make the best available choices to serve your children each week. If you would like to know specifically what we will be serving please feel free to ask at the beginning of each week.</p>			

*Thank You!*