

































October 2018 - Abernethy

Eat Local Cauliflower— October 4 & 18

Monday	Tuesday	Wednesday	Thursday	Friday
1 Three Bean Chili with Tortilla Chips  Hummus and Pita Bread 	2 Teriyaki chicken with Brown Rice	3 Hamburger or Cheeseburger on a Whole Wheat Bun	4 Pizzeria Day Cheese  Pepperoni  Pepperoni, Peppers, Onions and Mushrooms  Italian Deli Sandwich	5 Hand Rolled Bean and Cheese Burrito  Chili Lime Corn Salad 
8 BBQ Pork Sandwich Coleslaw  Hummus and Pita Bread 	9 Chicken Soft Tacos Corn Salsa 	10 Pasta with Marinara and Mozzarella  Roasted Vegetables 	11 Pizzeria Day Cheese  Pepperoni  Pepperoni and Sausage  Turkey Ham and Cheese Wrap	12 No Class for Students Statewide Inservice
15 Mozzarella Breadsticks  Kale Salad  Hummus and Pita Bread 	16 Chicken Fried Rice Thai Chili Slaw 	17 Hamburger or Cheeseburger on a Whole Wheat Bun	18 Pizzeria Day Cheese  Pepperoni  Pepperoni and Sausage  Turkey Sandwich	19 Hand Rolled Chicken and Cheese Burrito
22 Baked Potatoes with Chili and Roasted Broccoli  Hummus and Pita Bread 	23 Macaroni and Cheese 	24 Cheese Ravioli  Garbanzo Bean Salad 	25 Pizzeria Day Cheese  Pepperoni  Pineapple and Pepperoni  Italian Deli Sandwich	26 Alaskan Pollock Roasted Potatoes and Coleslaw 
29 No Class for Students	30 Grassfed Burger on a Whole Wheat Bun	31 Grilled Cheese Sandwich with Tomato Soup 		

 Vegetarian option, may contain cheese &/or egg |  Pork | **PB&J served Tuesday-Friday and yogurt served every day** 

Lunch includes one entrée, milk and **unlimited fruits and vegetables**. Students **MUST** choose at least ½ cup of fruit or vegetable.

Menu is subject to change. This institution is an equal opportunity provider.