



# October 2017

## Vegetarian K-8 Lunch 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
Egg & Cheese Sandwich  On/Whole Grain English Muffin Black Beans Fruit Ketchup  <b style="float: right;">2</b>	Veggie Fritter w/ Tomato Dipping Sauce  Whole Grain Soft Tortillas Green Beans Fruit  <b style="float: right;">3</b>	French Toast  Veg Breakfast Sausage Home Fries Syrup Fruit  <b style="float: right;">4</b>	Vegetarian Curry  Brown Rice Carrots Whole Wheat Roll Fruit  <b style="float: right;">5</b>	Whole Grain Cheese Pizza  Broccoli Fruit  <b style="float: right;">6</b>
Columbus Day!          <b style="float: right;">9</b>	Veg Loaded Baked Potato  Broccoli Whole Wheat Roll Fruit  <b style="float: right;">10</b>	Veggie Pie  Mixed Vegetables w/ Broccoli Fruit Whole Wheat Roll  <b style="float: right;">11</b>	Stuffed Shells  w/Marinara Sauce Carrots Fruit Whole Wheat Roll  <b style="float: right;">12</b>	Whole Grain Cheese Pizza  Broccoli Fruit  <b style="float: right;">13</b>
Falafel  Hummus Pita Bread Broccoli Fruit  <b style="float: right;">16</b>	Vegetarian Curry  Brown Rice Stir Fry Vegetables Fruit  <b style="float: right;">17</b>	Macaroni & Cheese  Green Peas Wheat Roll Fruit  <b style="float: right;">18</b>	Veggie Fritter w/ Tomato Dipping Sauce  Brown Rice Pilaf Carrots  Fruit  <b style="float: right;">19</b>	Whole Grain Cheese Pizza  Broccoli Fruit  <b style="float: right;">20</b>
Veggie Pie  Corn Whole Wheat Roll  Fruit  <b style="float: right;">23</b>	Veggie Carbonara  Whole Grain Pasta Broccoli Whole Wheat Roll Fruit  <b style="float: right;">24</b>	Teriyaki Glazed Tofu  Brown Rice California Blend Vegetables Whole Wheat Roll Fruit  <b style="float: right;">25</b>	Falafel  Hummus Carrots Pita Bread Fruit  <b style="float: right;">26</b>	Whole Grain Cheese Pizza  Broccoli Fruit  <b style="float: right;">27</b>
Egg & Cheese Sandwich  On/Whole Grain English Muffin Black Beans Fruit Ketchup  <b style="float: right;">30</b>	Veggie Fritter w/ Tomato Dipping Sauce  Whole Grain Soft Tortillas Green Beans Fruit  <b style="float: right;">31</b>			

City Fresh Foods, Inc may use Milk, Eggs, Fish, Shellfish, Soy, Treenuts & Wheat in its meal development & production. City Fresh Foods is a Peanut-free facility. Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed. In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your server if a person in your party has a food allergy.