



OCTOBER LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5 Beef & Broccoli Lo Mein
Stir-fry Veggies
Sweet Tea/Water

6 Salmon Cakes
Salad
Onion Rings
Lemonade/Water

7 **Brunch**
Mini Quiche
Chicken Sausage
Eggs
French Toast
Juice/Water

1 Chicken Tender "Snack Wrap"
Waffle Fries
Lemonade/Water

2 Hot Dogs
Veggie Beans
Cornbread
Lemonade/Water

3 Create Your Own Sandwich
Chips
Fruit Punch/Water

12 Baked Ziti w/ Beef or Sweet Sausage
Garlic Knots
Salad
Sweet Tea/Water

13 Lentil Soup or Split Pea Soup w/ Ham
Hummus
Pita Bread
Sweet Tea/Water

14 Sloppy Joe's
Salad
Lemonade/Water

8 Alfredo Ravioli w/ Chicken, Shrimp, or Veggie
Garlic Knots
Salad
Lemonade/Water

9 Fried Chicken
Mac & Cheese
Mixed Veggies
Sweet Tea/Water

10

19 Pastelón (Lasagna)
Garlic Knots
Salad
Sweet Tea/Water

12 Beef Stroganoff w/ Egg Noodles
Salad
Lemonade/Water

13 Broccoli Cheddar Soup
Grilled Cheese
Juice/Water

15 BBQ Baked Chicken
Mac & Cheese
Potato Salad
Mixed Veggies
Sweet Tea/Water

16 Tilapia Fish Fry
Coleslaw
Corn Bread
Lemonade/Water

17 Beef Patties
Chips
Fruit Punch/Water

26 Baked Cod Loin
Risotto or Yellow Rice
Veggie Medley
Sweet Tea/Water

20 Shepherd's Pie
Salad
Lemonade/Water

21 Tacos w/ Beef, Chicken, Shrimp, or Veggie
Nachos
Sweet Tea/Water

22 Wraps w/ Chicken, Beef, or Shrimp
Black Beans
Yellow Rice
Lemonade/Water

23 Create Your Own Pizza
Sweet Tea/Water

24

29 **Chicken Wing Day**
Coleslaw
Waffle Fries
Lemonade/Water

30 Mofungo w/ Chicken
Sweet Plantains
Rice
Lemonade/Water

31

DAILY
Morning Huddle
10:00 am

Breakfast
9:00 am - 10:30 am

Lunch
1:00 pm - 1:45 pm

Afternoon Huddle
2:00 pm

HOURS

Mon, Wed and Fri
9:00am to 5:00pm

Tue and Thur
9:00am to 7:00pm

1st & 3rd Saturday
10:00am to 2:00pm

CONTACT

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"A meal is not just food. It's about connection, conversation, and community."