

# october junior

## Featured Items:

- Hot Entree
- Lunch Pack
- Sandwich Pack
- Hot Entree Sides

## monday

## tuesday

## wednesday

## thursday

## friday

**02**

- Baked Penne (V)
- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Sweet Potatoes & Black Beans (GF, V)
- Turkey & Cheese Roll-Up
- Corn / Baked Peaches
- Peas-n-Carrots / Baked Peaches

**03**

- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Pasta Bolognese
- Veggie Pad Thai (GF, V)
- New England Pack
- Carrots / Baked Apples
- Peas / Baked Pears

**04**

- Chicken Nuggets & Ketchup
- Fish Sticks & Ketchup
- Mac and Cheese (V)
- Veggie Chili over Rice (GF, V)
- Sweet 'n Natural Pack
- Green Beans / Baked Apples
- Peas / Baked Apples

**05**

- Cauliflower & Tofu Masala (V, GF)
- Chicken Noodle Stew
- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Mediterranean Pack
- Carrots / Baked Pears
- Corn / Baked Pears

**06**

- Black Beans & Rice (V, GF)
- Buttered Noodles & Chicken
- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Pizza Stackers
- Mashed Yams / Baked Apples
- Peas-n-Carrots / Baked Apples

**09**

**NO SMART LUNCHES**

**10**

- Chicken Nuggets & Ketchup
- Fish Sticks & Ketchup
- Mac and Cheese (V)
- Veggie Noodle Curry (GF, V)
- Sweet 'n Natural Pack
- Mashed Yams / Baked Apples
- Peas-n-Carrots / Baked Apples

**11**

- Chicken Noodle Stew
- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Orange Glazed Veggies & Tofu (GF, V)
- Turkey & Cheese Roll-Up
- Carrots / Baked Pears
- Peas / Baked Pears

**12**

- Buttered Noodles & Chicken
- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Veggie Chili over Rice (GF, V)
- All-American Pack
- Carrots / Baked Apples
- Corn / Baked Apples

**13**

- Baked Penne (V)
- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Veggie Pad Thai (GF, V)
- Pizza Stackers
- Carrots / Baked Peaches
- Green Beans / Baked Peaches

**16**

- Baked Penne (V)
- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Sweet Potatoes & Black Beans (GF, V)
- Turkey & Cheese Roll-Up
- Corn / Baked Peaches
- Peas-n-Carrots / Baked Peaches

**17**

- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Pasta Bolognese
- Veggie Pad Thai (GF, V)
- New England Pack
- Carrots / Baked Pears
- Peas / Baked Pears

**18**

- Chicken Nuggets & Ketchup
- Fish Sticks & Ketchup
- Mac and Cheese (V)
- Veggie Chili over Rice (GF, V)
- Sweet 'n Natural Pack
- Green Beans / Baked Apples
- Peas / Baked Apples

**19**

- Cauliflower & Tofu Masala (V, GF)
- Chicken Noodle Stew
- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Mediterranean Pack
- Carrots / Baked Pears
- Corn / Baked Pears

**20**

- Black Beans & Rice (V, GF)
- Buttered Noodles & Chicken
- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Pizza Stackers
- Mashed Yams / Baked Apples
- Peas-n-Carrots / Baked Apples

**23**

- BBQ Chicken & Mashed Potatoes
- Cauliflower & Tofu Masala (GF, V)
- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Ham & Cheese Roll-Up
- Corn / Baked Pears
- Green Beans / Baked Pears

**24**

- Chicken Nuggets & Ketchup
- Fish Sticks & Ketchup
- Mac and Cheese (V)
- Veggie Noodle Curry (GF, V)
- Sweet 'n Natural Pack
- Mashed Yams / Baked Apples
- Peas-n-Carrots / Baked Apples

**25**

- Chicken Noodle Stew
- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Orange Glazed Veggies & Tofu (GF, V)
- Turkey & Cheese Roll-Up
- Carrots / Baked Pears
- Peas / Baked Pears

**26**

- Buttered Noodles & Chicken
- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Veggie Chili over Rice (GF, V)
- All-American Pack
- Carrots / Baked Apples
- Corn / Baked Apples

**27**

- Baked Penne (V)
- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Veggie Pad Thai (GF, V)
- Pizza Stackers
- Carrots / Baked Peaches
- Green Beans / Baked Peaches

**30**

- Baked Penne (V)
- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Sweet Potatoes & Black Beans (GF, V)
- Turkey & Cheese Roll-Up
- Corn / Baked Peaches
- Peas-n-Carrots / Baked Peaches

**31**

- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Pasta Bolognese
- Veggie Pad Thai (GF, V)
- New England Pack
- Carrots / Baked Pears
- Peas / Baked Pears

**01**

- Chicken Nuggets & Ketchup
- Fish Sticks & Ketchup
- Mac and Cheese (V)
- Veggie Chili over Rice (GF, V)
- Sweet 'n Natural Pack
- Green Beans / Baked Apples
- Peas / Baked Apples

**02**

- Cauliflower & Tofu Masala (V, GF)
- Chicken Noodle Stew
- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Mediterranean Pack
- Carrots / Baked Pears
- Corn / Baked Pears

**03**

- Black Beans & Rice (V, GF)
- Buttered Noodles & Chicken
- Chicken Nuggets & Ketchup
- Mac and Cheese (V)
- Pizza Stackers
- Mashed Yams / Baked Apples
- Peas-n-Carrots / Baked Apples

(V) = Vegetarian (GF) = Gluten Free

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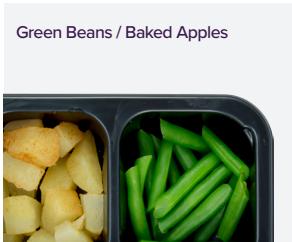
Chicken Noodle Stew



Sweet Potatoes & Black Beans (GF, V)



Sweet 'n Natural Pack (V)



Green Beans / Baked Apples