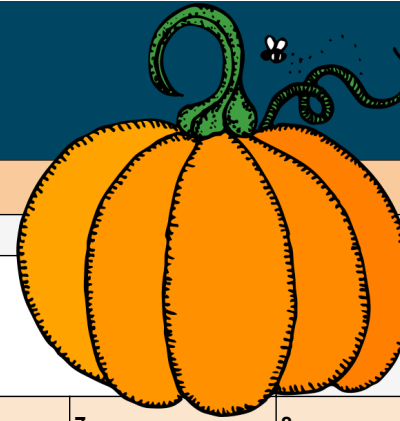


# OCTOBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
<b>Fall is HERE!</b>						
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	Turkey Bacon Cheeseburger w/Waffle Fries and Veggies	Veggie Quesedilla w/Peppers, Beans, Cheeses, Guacamole, Chips & Salsa	Chicken bites w/Homemade Mac & Cheese & Veggies	Breakfast for Lunch: French Toast, Sausage, String Cheese, Yogurt & Berries	Ham & Cheese Sliders w/Side Baked Beans & Fruit Kebobs	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	BBQ Pulled Pork Sandwich w/ Potato Salad & Veggies	Breakfast for Lunch: Bacon, Egg, Cheese Sandwich w/Hash Browns & Fruits	Autumn Turkey Chili w/Toppings & Homemade Cornbread	Pizza Bagels - with or without Pepperoni w/Green Salad & Veggies	No School	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	"Chef Salad" -Ham, Turkey, Cheeses, Bacon, Veggies, Creamy Dressing & Homemade Roll	Ramen Bowl (SOUP) - Chicken or Vegetable - w/ Toppings on the Side	Breakfast for Lunch: Ham & Cheese Homemade Muffins, Hard Eggs, String Cheese, Yogurt, Fruits & Veggies	Turkey Sloppy Joes w/Roasted Potatoes & Veggies	Beef Stew w/Side of Mashed Potatoes & Homemade Roll	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	Hummus Veggie Wrap w/ Sweet Potato Fries	Taco Soup (combination of ground beef & turkey) w/ toppings & Spanish Rice	Bento Box: "WOW Butter" (100% Nut Free PNut Butter Alternative) w/Jelly, Crackers, Fruits, Cheeses, & Veggies	Sweet & Sour Chicken Bites w/Pot stickers, Veggeis & Fruit	Meatball Parmesan Hoagie w/Green salad	
<b>30</b>	<b>31</b>	<p>Please note: Menu items are subject to food source availability. On occasion, substitutions will be made, if needed. Chef Anni will include w/every meal atleast one serving of fresh veggie and or fruit and a homemade sweet treat (ie: cookie, brownie)</p>				
	"Boo-Berry" Pancakes w/Bacon, Yogurt & Fruits					

[If your child has any dietary restrictions, please email Chef Anni \(awilliamson@stlukeshoreline.org\) to discuss options prior to ordering.](mailto:awilliamson@stlukeshoreline.org)