

Monday	Tuesday	Wednesday	Thursday	Friday
2 Fettuccini Alfredo <b>GF Option</b> Or Hummus Plate <b>DF</b>	3 <b>Chef Calla Harris' Choice</b> French Bread Pizza <b>GF Option</b> Or Hummus Plate <b>DF</b>	4 Breakfast Burritos <b>GF &amp; DF Option</b> Or Hummus Plate <b>DF</b>	5 Chicken Fried Rice & Spring Roll Or Hummus Plate <b>DF</b>	6 BBQ Pork Sandwiches <b>DF, GF Option</b> Or Hummus Plate <b>DF</b>
9 Chicken Enchilada Casserole <b>GF</b> or Thai Chicken Salad <b>DF &amp; GF</b>	10 <b>Chef Ian Harris' Choice</b> Pumpkin Pancakes, Eggs & Sausage <b>GF &amp; DF Option</b> Or Thai Chicken Salad <b>DF &amp; GF</b>	11 Hawaiian Chicken & Rice <b>DF, GF Option</b> Or Thai Chicken Salad <b>DF &amp; GF</b>	12 No School	13 No School
16 Hoagie Sandwiches <b>GF Option</b> Or Taco Salad <b>GF, DF Option</b>	17 Pasta with Red or Meat Sauce <b>DF, GF Option</b> Or Taco Salad <b>GF, DF Option</b>	18 <b>Chef Calla Harris' Choice</b> Nachos <b>GF Option</b> Or Taco Salad <b>GF, DF Option</b>	19 French Toast & Sausage <b>GF &amp; DF Option</b> Or Taco Salad <b>GF, DF Option</b>	20 Teriyaki Chicken & Rice <b>DF, GF Option</b> Or Taco Salad <b>GF, DF Option</b>
23 Grilled Ham & Cheese <b>GF Option</b> Or Fall Chicken Salad <b>GF &amp; DF</b>	24 Chicken Noodle Soup <b>DF, GF Option</b> Or Fall Chicken Salad <b>GF &amp; DF</b>	25 <b>Chef Ian Harris' Choice</b> Creamy White Cheddar Mac & Cheese <b>GF Option</b> Or Fall Chicken Salad <b>GF &amp; DF</b>	26 Breakfast Cake, Eggs & Sausage <b>GF Option</b> Or Fall Chicken Salad <b>GF &amp; DF</b>	27 Chicken Taquitos <b>GF Option</b> Or Fall Chicken Salad <b>GF &amp; DF</b>
30 Blueberry Muffins with Ham Scramble <b>GF &amp; DF Option</b> Or Cobb Salad <b>GF, DF Option</b>	31 Italian Pasta Bake <b>GF Option</b> Or Cobb Salad <b>GF, DF Option</b>			

- We strive to make as much of our food from scratch as possible.
- Gluten-free and dairy-free options regularly offered. Please be advised that we are not a gluten-free kitchen and gluten cross-contamination may occur. We use GF bread, noodles, and/or sauces in the GF option meals. If dairy-free is offered, we can omit the dairy-containing item as the lunch is prepared.
- Regular and large-size lunch options available
- Fruit and veggie or salad offered daily
- Water provided in the cafeteria, milk available for purchase.
- Forgot your lunch? Or didn't have time to make a lunch? We have a sack lunch bag (i.e. string cheese, yogurt, protein bar, fruit and veggie) available for a fee that will be added to the parent's account.