



October 2020 Lunch Menu

All menu items are kosher.

Date	Offering
Thurs. 10/1	Vegetable cheddar quiche, spring mix salad, pumpkin slab cake
Fri. 10/2	Adeas: Falafel with half pita, salad, hummus, boiled egg, fresh fruit
Mon. 10/5	White chicken chili, hot bread, mixed greens, fresh fruit cup
Tues. 10/6	Greek chickpea salad, fresh pita bread, ice cream bar
Wed. 10/7	Meatball slider served on a crusty roll, chips, watermelon slice
Thurs. 10/8	Egg and cheese bagel sandwich, roasted sweet potatoe sticks, berries and cream cake cups
Fri. 10/9	Adeas: Mashed potato filled puff pastry (Borekas) with fresh veggies and pickles, fresh fruit
Mon. 10/12	No School - Indigenous Peoples' Day
Tues. 10/13	Ground turkey taco salad, chips and salsa, fresh fruit
Wed. 10/14	Cheesy vegetable potato bake, arugula salad with pear and pumpkin seeds, apple spice muffin
Thurs. 10/15	Flatbread cheese pizza, Cesar salad, cookie
Fri. 10/16	Adeas: Hamburger (in bun with lettuce, pickles, ketchup on the side), potato wedges, fresh fruit
Mon. 10/19	Hot buttermilk pancakes, fresh berry compote, yogurt parfait cup with granola
Tues. 10/20	Ziti Alfredo bake, roasted veggies, blondie square
Wed. 10/21	Turkey sandwich on honey wheat bread, chips, pickles and a fruit sorbet cup
Thurs. 10/22	All beef hot dog, baked beans, fresh fruit cup
Fri. 10/23	Adeas: Bean soup, white rice, half pita, hummus, fresh fruit
Mon. 10/26	Penne pasta with homemade tomato basil sauce, mixed greens, cookie
Tues. 10/27	Kosher chicken sausages with roasted veggies, rice pilaf, fresh fruit
Wed. 10/28	Crispy fish and chips, carrot/cucumber sticks, strawberry angel cake cup
Thurs. 10/29	Chicken noodle soup, hot bread, mixed greens, fresh fruit
Fri. 10/30	Adeas: Homemade chicken tenders with pasta, corn on the cob, fresh fruit.