



LUNCH MENU - OCTOBER 2022

DATE	LUNCH OFFERING
Mon 10/3	Cheese quesadilla, chips & salsa & a fruit cup sorbet
Tues 10/4	NOON DISMISSAL - NO LUNCH
Wed 10/5	NO SCHOOL
Thur 10/6	Pasta Marinara, mixed greens, focaccia sticks & a rice crispy treat
Fri 10/7	Adeas: Falafel in Pita, Israeli salad, hummus, jasmin rice
Mon 10/10	NO SCHOOL
Tue 10/11	NO SCHOOL
Wed 10/12	Pizza bagel, carrot sticks w/dip; Ice cream with chocolate sauce
Thur 10/13	BBQ Chicken drumsticks, rice pilaf, roasted veggies & a fresh fruit cup
Fri 10/14	Adeas: Chicken fingers with Potato wedges & Veggie Sticks
Mon 10/17	NO SCHOOL
Tues 10/18	NO SCHOOL
Wed 10/19	Burger, chips & pickles. Fresh Fruit
Thurs 10/20	Egg & Cheese Sandwich on an English Muffin, roasted potatoes & Fresh Fruit
Fri 10/21	Adeas: Chicken shawarma in pita, hummus and Israeli salad
Mon 10/24	Turkey lettuce tomato on wholewheat bread w/ chips and pickles. Grape Cups
Tues 10/25	Mac & Cheese with roasted veggies & a homemade cookie
Wed 10/26	Home-Made Pizza w/ Veggie Sticks, dip & berry shortcake
Thurs 10/27	Beef Taco Bowl w/chips & salsa & Italian ice cup
Fri 10/28	Adeas: Hamburger with Potato Wedges and Veggie Sticks
Mon 10/31	Warm Belgian waffles with maple syrup and a side of fresh fruit