

Learning Prep School Lunch Menu

October

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pulled Pork on Whole Wheat Bun Fries Vegetable fruit	3 Taco Tuesday! Burrito bowl on rice and beans with Cheddar, Corn & Fruit	4 Macaroni & Three Cheese Sauce Vegetable Fruit Du Jour	5 Hot Dog on Wheat Roll Krinkle Fries Beans Fruit	6 Cheese or Specialty Pizza Carrot Sticks Vinaigrette Juice
Alternate Lunch: Toasted Cheese Sandwich with sides or Hummus Wrap/GFO Plate with Carrots and sides				
Breakfast of the Week: Cheerios GF, Rice Krispies GF or Toasted Bagel with Cream Cheese or Hummus, Fruit, Milk				
9 No School Columbus Day	10 Chicken and Cheese Quesadillas Black Bean Salsa Vegetable fruit	11 Pasta with Meat or Marinara Sauce Vegetable Mixed Fruit	12 Breakfast for Lunch Bacon, Egg & Cheese on a Whole Wheat English Muffin Sweet Hash Potatoes Ketchup/Mixed Fruit	13 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice
Alternate Lunch: Toasted Cheese Sandwich with sides or Hummus Wrap/GFO Plate with Carrots and sides				
Breakfast of the Week: Cheerios GF, Rice Krispies GF or Toasted Bagel with Cream Cheese or Hummus, Fruit, Milk				
16 Roasted Pork with Sauted Apples Mashed Sweet Potato Vegetable fruit	17 Turkey Tacos Black bean and corn salsa fruit	18 1/2 day	19 Toasted Ham and Cheese on Whole Wheat Vegetable Fruit Du Jour	20 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice
Alternate Lunch: Toasted Cheese Sandwich with sides or Hummus Wrap/GFO Plate with Carrots and sides				
Breakfast of the Week: Cheerios GF, Rice Krispies GF or Toasted Bagel with Cream Cheese or Hummus, Fruit, Milk				
24 Orange glazed Chicken Rice vegetable fruit	24 Taco Tuesday! Seasoned Ground Beef in a Soft Shell with Cheddar, Salsa, Corn fruit	25 Lasagna!!! Layers of Pasta with Beef, Marinara, Ricotta, Garlic and Mozzarella Vegetable Mixed Fruit	26 Hamburger or Cheeseburger Whole Wheat Roll Potato Puffs Ketchup, Mustard, Relish fruit	27 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice
Alternate Lunch: Toasted Cheese Sandwich with sides or Hummus Wrap/GFO Plate with Carrots and sides				
Breakfast of the Week: Cheerios GF, Rice Krispies GF or Toasted Bagel with Cream Cheese or Hummus, Fruit, Milk				
30 Sliced Turkey with gravy Mashed Sweet Potatoes Vegetable fruit whole wheat roll	31 Pork Carnitas Brown Rice Peppers & Onions Baked Beans fruit	1 Chicken, Broccoli, Ziti fruit	2 Popcorn Chicken Bowl Mashed Potatoes gravy corn fruit	3 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice
Alternate Lunch: Toasted Cheese Sandwich with sides or Hummus Wrap/GFO Plate with Carrots and sides				
Breakfast of the Week: Cheerios GF, Rice Krispies GF or Toasted Bagel with Cream Cheese or Hummus, Fruit, Milk				

Prices: Student Lunch: \$3.25, Staff Lunch: \$3.50, Student Breakfast: \$1.25, Staff Breakfast: \$1.50, milk: \$1.00

All meals served with 1%, white skim, or chocolate skim milk. Menu subject to change. Please order veggie burger directly with the kitchen.

GF: menu item is prepared gluten free. **GFO:** gluten free option served with rice and alternate sides as listed.