





October 4 th -8 th	Monday 10.4	Tuesday 10.5	Wednesday 10.6	Thursday 10.7	Friday 10.8
	Smoothie Bowl Tropical Fruit Smoothie Bowl VE GS W/Fresh Toppings	Barbacoa Bowl Shredded Beef GS or Tofu GS VE Cilantro Lime Rice GS VE Tomato Corn Salsa GS VE Fresh Toppings	Japanese Soba Noodle Bowl Sesame Chicken or Tofu VE Miso Broth VE Fresh Toppings	Create your own Gyro Seasoned Gyro Meat or Falafel VE Warm Pita Bread Tzatziki Sauce Fresh Toppings Mini Dutch Apple Pie	Faculty in Service Day No Students
	*Cheese Ravioli W/Marinara	*Italian Hoagie	*Pasta W/Marinara VE *Pasta W/Garlic Butter Sauce	*Chicken Alfredo Bake	Faculty in Service Day No Students
	Waffle Bar Belgium Waffle Vegan Waffle VE GS Home Fries VE GS Fresh Toppings Yogurt Parfaits	Chicken Parmesan or Eggplant Parmesan GS VE *Pasta W/Marinara VE Broccoli GS VE *Garlic Bread Stick	*Grilled Cheese *Tomato Soup Peas GS VE *Goldfish Crackers	*Steak Quesadilla or *Cheese Quesadilla *Vegetable Quesadilla VE Spanish Rice VE GS Roasted Corn VE GS Fresh Toppings	Faculty in Service Day No Students
 Daily Offerings: An Assortment of Over 20 Different Fresh Greens, Veggies, Fruits, Proteins, & Toppings Along W/Composed Salads	Composed Salad: Summer Spinach VE GS Thai Salad VE GS	Composed Salad: BBQ Chicken Salad Lemon Herb Couscous Salad VE	Composed Salad: Panzanella Salad Smashed Red Skin GS	Composed Salad: Caprese Salad GS Spinach Bacon Bleu Cheese GS	Faculty in Service Day No Students

VE-Vegan, GS-Gluten Sensitive

***Gluten Free Bread, Buns, Pizza and Pasta Available**



CHECK OUT OUR FEATURED SUPERFOODS!

Please discuss any food allergy issues concerning your
child with our District Dietitian Kristen Marcela 770.815.4450

No child will be discriminated against because of race, color, national origin, age, or
disability. If you have been discriminated against, write to the Department of Agriculture,
Washington, D.C. 20250.