

October 28 - November 01

2024

MIDDLE SCHOOL

ALL MEALS INCLUDE SALAD BAR, SOUP, STEAMED RICE, DELI & DESSERTS

Produce of the Month:

Pumpkin



The original Jack-o'-lanterns were made with turnips and potatoes by the Irish. Irish immigrants brought their customs to America but found that pumpkins were much easier to carve

28 Monday	29 Tuesday	30 Wednesday	31 Thursday	01 Friday
CHEF'S GRILL 	CHEF'S GRILL Oven Roasted Chicken Wings with Wild Rice	CHEF'S GRILL Vegetarian Pancit with Lumpia Shanghai	CHEF'S GRILL Reuben Sandwich and Vegetarian Reuben	CHEF'S GRILL Chicken Tikka Masala and Matar Paneer
BURGERLAND 	BURGERLAND Breakfast Sandwich	BURGERLAND Italian Turkey Burger	BURGERLAND Chicken Sandwich	BURGERLAND Baked Cod with Tarter Sauce
TASTE OF ITALY N O	TASTE OF ITALY Tomato Basil Spinach Sauce	TASTE OF ITALY Chicken Tetrzzini	TASTE OF ITALY Citrus Artichoke Pesto	TASTE OF ITALY Beef Bolognese
MEXICAN FIESTA C L A S	MEXICAN FIESTA Sweet Corn Tamales	MEXICAN FIESTA Chorizo Tostada with Sunny Side Up Egg	MEXICAN FIESTA Nachos	MEXICAN FIESTA Cheese Quesadillas
gf GF ZONE 	gf GF ZONE Pork Sisig	gf GF ZONE Sword Fish Sinigang	gf GF ZONE Lamb Rogan Josh	gf GF ZONE Filipino Corned Beef with Garlic Rice
gf VEGGIE CAFE V	gf VEGGIE CAFE Aloo Curry	gf VEGGIE CAFE Miso Glazed Sweet Potato	gf VEGGIE CAFE Macedonia's Travce Gravce	gf VEGGIE CAFE Vegan Jamaican Patty

Gluten Free Options Upon Request or
Check out the Gluten Free Zone



Vegetarian



Produce of the Month



Filipino Food

