

OCTOBER 2019

TAPESTRY CHARTER SCHOOL K – 5TH GRADE

ALTERNATIVE LUNCHES:
 Peanut Butter & Jelly
 on Whole Grain OR
 A Snack Bag

Monday

Every day we offer a choice of fresh cut fruit or canned fruit.

Every day we offer a choice of 1% milk and fat free chocolate milk.

Tuesday

TACO TUESDAY! **1**
 Beef Nachos with Whole Grain Tortilla Chips and Cheddar Cheese

Steamed Rice

Fiesta Salad with Black Beans, Corn, Peppers, Avocado & Cilantro

Wednesday

THANKFUL THURSDAY! **2**
 Assorted Deli Sandwiches (Ham, Turkey OR Salami) w Lettuce & Cheese on Whole Grain Bread

Caesar Salad with Romaine & Croutons

Whole Grain Pretzel Twists

Thursday

THANKFUL THURSDAY! **3**
 Chicken Souvlaki Salad with Lettuce, Peppers, Tomatoes, Feta & Olives

Whole Grain Pita Pocket Bread

Carrot Sticks with Hummus Dip

Friday

FUN FOOD FRIDAY! **4**
 Oven Baked Chicken Fingers
 Broccoli-Cheddar Pasta Salad
 Curly Q French Fries
 Hot Sauce, Bleu Cheese & Ketchup

MEATLESS MONDAY! **7**
 Lemon-Dill Tuna Bagel with Lettuce on a Whole Grain Bagel

Carrot Sticks with Buttermilk Ranch Dip

Whole Grain Gold Fish Crackers

TACO TUESDAY! **8**
 Chicken Tacos with Lettuce & Cheese in a Whole Grain Hard Shell Tortilla

Tex Mex Black Beans, Corn, & Tomatoes

Whole Grain Scoop Chips & Salsa

WACKY WEDNESDAY! **9**
 Sloppy Joe's on a Whole Grain Bun

Oven Roasted Potatoes

Fresh Green Bean Salad w Cucumber & Tomato, Parmesan & Croutons

THANKFUL THURSDAY! **10**
 Chicken Salad Sandwich w Apples, Celery & Lettuce on a Whole Grain Bun

Garden Salad

Whole Grain Animal Crackers

FUN FOOD FRIDAY! **11**
 Cheeseburgers on a Whole Grain Bun

Oven Baked Tater Tots

Tomato Basil Mozzarella Pasta Salad
 Ketchup, Mustard & Pickle

14
 NO SCHOOL TODAY.
 INDIGENOUS PEOPLE DAY.

TACO TUESDAY! **15**
 Beef & Cheese Burritos in a Whole Grain Soft Shell Tortilla

Steamed Corn

Taco Rice Salad with Beans, Peppers, Corn, Cilantro & Cheese

WACKY WEDNESDAY! **16**
 BBQ Chicken Sliders on a Whole Grain Bun

Potato Salad with Celery & Peppers

Roasted Veggie K-Bobs w Zucchini, Peppers, Onions & Tomatoes

THANKFUL THURSDAY! **17**
 Grilled Ham & Cheese on Whole Grain Bread

Italian 3 Bean Salad

Whole Grain Sun Chips

FUN FOOD FRIDAY! **18**
 Cheese & Pepperoni Pizza on a Whole Grain Crust

Garden Salad

Carrots & Celery with Buttermilk Ranch Dip

MEATLESS MONDAY! **21**
 Alphabet Soup with Tomatoes & Mixed Vegetables

Spinach Salad with Cranberries, Apples & Feta Cheese

Whole Grain Dinner Roll w/ Butter

TACO TUESDAY! **22**
 Chicken Taco Salad with Lettuce & Cheese in a Whole Grain Taco Boat

Tex Mex Black Bean Patty with Dip

Whole Grain Scoop Chips with Salsa

WACKY WEDNESDAY! **23**
 Spaghetti & Meat Sauce with Parmesan Cheese

Garden Salad

Whole Grain Texas Toast

THANKFUL THURSDAY! **24**
 Chicken B.L.T. Sandwich on a Whole Grain Bun

Italian Bell Pepper Pasta Salad

Baked Potato Chips

FUN FOOD FRIDAY! **25**
 Turkey Hot Dogs on a Whole Grain Bun

Vegetarian Baked Beans

Baked French Fries
 Ketchup, Mustard & a Pickle

MEATLESS MONDAY! **28**
 Macaroni & Cheese with Whole Grain Elbow Macaroni

Oven Roasted Broccoli

Whole Grain Snack Mix

TACO TUESDAY! **29**
 Beef Chili w/ Tomatoes, Peppers, Beans & Cheddar

Whole Grain Nachos with Cheese Sauce

South Western Quinoa Salad with Beans, Corn & Tomatoes

WACKY WEDNESDAY! **30**
CHINESE FOOD!
 Sesame Chicken & Noodles with Red Peppers, Carrots, Celery, Edamame & Water Chestnuts

Egg Fried Rice w Mixed Veg
 Mandarin Oranges & Fortune Cookie

HAPPY HALLOWEEN! **31**
 Beef "GHOUL"ash with Tomatoes, Green Peppers, Onions & Elbow Mac

"SCARDEY CAT" Carrots
 "BROOM STICK" Bread Stick

Apple Cider & a Trick or Treat



In accordance with Federal law and U.S. Department of Agricultural policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

**Menu is subject to change without notice.
 Lunch is \$2.50. Milk is .50 when purchased alone.
 Be sure to check your child's lunch account for their balance.**