

The Learning Center for the Deaf October 2019

DAILY SANDWICH CHOICES



Monday: Roasted Provençal Vegetable
 Tuesday: Chicken Salad
 Wednesday: Ham & Cheese
 Thursday: Turkey & Cheese
 Friday: Tuna Salad
 Saturday/Sunday: Hummus Cube Meal w/ Pita

DON'T MISS OUT ON PIZZA FRIDAY'S!



Options include Cheese, Pepperoni and our Weekly specials:
 Margherita Pizza (V)
 Sausage Pizza
 Veggie Pizza (V)
 Buffalo Chicken Pizza
 Hawaiian Pizza

HARVEST OF THE MONTH FUN FACT!



Kale is one of the most nutrient dense foods on the planet! There are many different types of kale. The leaves can be green or purple, and have either a smooth or curly shape.



Fresh Assorted Mixed Salad Greens Served with a Variety of Fresh Fruits, Vegetables, Meats and Cheeses; accompanied with Assorted Dressings.

A MINIMUM OF 5 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables; Locally Grown Items are offered when seasonally available and Low Fat or Fat Free Milk is included with every meal! Vegetarian dishes available daily (V).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10/1 American Chop Suey Vegetarian Chop Suey Garden Salad Seasoned Carrots Celery Sticks	10/2 Hot Dog Veggie Burger Tater Tot Baked Beans Celery Sticks	10/3 BBQ Bacon Meatloaf Vegan Nugget Sub Mashed Potatoes Seasoned Carrots Broccoli	10/4 Cheese Pizza Pepperoni Pizza Garden Salad Carrot Sticks Cucumbers
10/7 Chicken or Vegetable Quesadilla Spanish Rice Black Beans Corn & Tomato Salsa Carrot Sticks	10/8 Chicken Teriyaki Lo Mein Noodles Asian Mixed Veggies	10/9 Roasted Turkey w/ Mashed Potatoes Veggie Burger Carrots Broccoli	10/10 Steak & Cheese Sub Roasted Vegetable Sub Cherry Tomatoes Roasted Mushroom Celery Sticks	10/11 Cheese Pizza Pepperoni Pizza Cucumbers Carrot Sticks Garden Salad
10/14 Baked Penne w/ Meatballs Chicken Patty Sandwich Seasoned Carrots Broccoli	10/15 Potato Bar: Rainbow Chili, Taco Beef, Turkey & Gravy, Cheese Sauce, Roasted Veggies Carrot Sticks Broccoli	10/16 Spanish Style Pork & Brown Rice Veggie Burger Garden Salad Corn and Tomato Salsa Baked Beans	10/17 Rotisserie Chicken Vegan Nuggets Rice Pilaf Sweet Potato Fries Cherry Tomatoes Cucumbers	10/18 Cheese Pizza Pepperoni Pizza Garden Salad Carrot Sticks Cucumbers
10/21 Buffalo Chicken Mac & Cheese Broccoli Cherry Tomatoes	10/22 Baked Chicken Drumsticks Hot Turkey & Gravy Sandwich Baked Beans Crinkle Fries Roasted Summer Squash, Zucchini & Red Peppers	10/23 Hamburger Cheese Burger Veggie Burger Crinkle Fries Green Peas Celery Sticks	10/24 Chicken Bowl Vegan Nugget Bowl Broccoli Corn	10/25 Cheese Pizza Pepperoni Pizza Garden Salad Carrot Stick Cucumbers
10/28 Meatball Sub Roasted Provençal Wrap Tater Tot Broccoli Cucumbers	10/29 General Tso Chicken or Vegan Nugget Rice Pilaf Asian Mixed Veggies Cucumbers Carrot Sticks	10/30 BBQ Pulled Pork Sandwich Veggie Burger Crinkle Fries Baked Beans Carrot Sticks	10/31 Meatloaf Vegan Nugget Sub Mashed Potatoes Seasoned Carrots Broccoli	