

A YUMMY OCTOBER ORGANIC & NATURAL LUNCH MENU FOR TRUE NORTH CLASSICAL ACADEMY

*Daily Beverage Options Are: 1% Milk and Nonfat Chocolate Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Option #1: Breakfast for Lunch— French Toast, Eggs, Lyonnaise Potatoes w/Peppers & Onions, Fresh Fruit</p> <p>Option #2: Lean Beef Burger, Lyonnaise Potatoes w/Peppers & Onions, Fresh Fruit</p>	<p>2</p> <p>Option #1: Picadillo, Brown Rice, Black Beans, Fresh Fruit</p> <p>Option #2: Grilled Cheese, Steamed Edamame, Fresh Fruit</p>	<p>3</p> <p>Option #1: Turkey Meatball Sub, Roasted Sweet Potato Wedges, Fresh Fruit</p> <p>Option #2: Mac & Cheese, Roasted Sweet Potato Wedges, Fresh Fruit</p>	<p>4</p> <p>PIZZA DAY Cheese Pizza (1 slice), Caesar Salad w/Grape Tomatoes, Fresh Fruit</p>
<p>7</p> <p>Option #1: Chicken Cacciatore w/Pasta, Roasted Herbed Butternut Squash, Fresh Fruit</p>	<p>8</p> <p>Option #1: Turkey Tacos, Brown Rice, Black Beans, Fresh Fruit</p>	<p>9</p> <p>TEACHER PLANNING DAY</p> <p>NO SCHOOL</p>	<p>10</p> <p>Option #1: Lean Beef Burger, Roasted Sweet Peas, Fresh Fruit</p> <p>Option #2: Mac & Cheese, Roasted Sweet Peas, Fresh Fruit</p>	<p>11</p> <p>PIZZA DAY Cheese Pizza (1 slice), Carrots w/Dip, Fresh Fruit</p>
<p>14</p> <p>Option #1: Baked Chicken Nuggets, Sauteed Kale & White Beans, WW Roll, Fresh Fruit</p>	<p>15</p> <p>Option #1: Cheese Lasagna, Steamed Edamame, Fresh Fruit</p>	<p>16</p> <p>Option #1: Ropa Vieja, Baked Plantains, Brown Rice, Fresh Fruit</p> <p>Option #2: Grilled Cheese, Baked Plantains, Fresh Fruit</p>	<p>17</p> <p>Option #1: Baked & Breaded Fish Sticks w/Slaw, WW Roll, Roasted Potato Wedges, Fresh Fruit</p> <p>Option #2: Mac & Cheese, Roasted Sweet Potato Wedges, Fruit</p>	<p>18</p> <p>PIZZA DAY Cheese Pizza (1 slice), Celery, Fruit</p>
<p>21</p> <p>Option #1: Pasta Puttanesca w/Chicken, Roasted Balsamic Brussel Sprouts, Fresh Fruit</p>	<p>22</p> <p>Option #1: Lean Beef & Cheese Burrito (w/Brown Rice inside), Black Beans, Fresh Fruit</p> <p>Option #2: Cheese & Quinoa Burrito (w/Brown Rice inside), Black Beans, Fresh Fruit</p>	<p>23</p> <p>Option #1: Chicken Piccata w/WW Roll, Roasted Potato Wedges, Fresh Fruit</p> <p>Option #2: Grilled Cheese, Baked Plantains, Fresh Fruit</p>	<p>25</p> <p>TEACHER PLANNING DAY NO SCHOOL</p>	<p>26</p> <p>PIZZA DAY Cheese Pizza (1 slice), Caesar Salad w/Grape Tomatoes, Fresh Fruit</p>
<p>28</p> <p>Option #1: Pasta w/Lean Beef Meatballs & Tomato Sauce, Steamed Edamame, Fresh Fruit</p> <p>Option #2: Pasta w/Lean Beef Meatballs & Tomato Sauce, Steamed Edamame, Fresh Fruit</p>	<p>29</p> <p>Option #1: Chimichurri Chicken, Spanish Rice, Mexican Skillet Veggies (Zucchini, Squash, Onions, Mushrooms), Fresh Fruit</p>	<p>30</p> <p>Option #1: Philly Cheesesteak, Roasted Sweet Potato Wedges, Fresh Fruit</p> <p>Option #2: Braised Beef Po' Boy Sandwich, Roasted Sweet Potato Wedges, Fresh Fruit</p>	<p>31</p> <p>Option #1: Mojo Grilled Chicken w/Baja Black Bean Salsa, Sauteed Broccoli w/Garlic & Shallots, Fresh Fruit</p> <p>Option #2: Mac & Cheese, Sauteed Broccoli w/Garlic & Shallots, Fresh Fruit</p>	