

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
5 Option #1: Chicken Cacciatore w/Pasta, Roasted Browned Butter Butternut Squash, Fresh Fruit	6 Option #1: Turkey & Cheese Sandwich, Black Bean Salad, Fresh Fruit Option #2: Cheese Sandwich, Black Bean Salad, Fresh Fruit	7 Option #1: Honey Soy Glazed Chicken w/Lo Mein Noodles, Asian Style Broccoli w/Red Peppers, Fresh Fruit Option #2: Grilled Cheese, Asian Style Broccoli w/Red Peppers, Fresh Fruit	8 Option #1: Grilled Chicken & Cheese Wrap, Potato Salad, Fresh Fruit Option #2: Cheese Wrap, Potato Salad, Fresh Fruit	9 PIZZA DAY Option #1: Cheese Pizza (1 slice), Celery Sticks w/Dip, Fresh Fruit
12 Option #1: Pasta w/alla Rosa Sauce & Chicken, Roasted Kale & White Beans w/Garlic, Fresh Fruit	13 Option #1: Turkey & Cheese Sandwich, Cucumbers & Dip, Fresh Fruit Option #2: Cheese Sandwich, Cucumbers & Dip, Fresh Fruit	14 Option #1: Ropa Vieja, Black Beans, Brown Rice, Fresh Fruit Option #2: Grilled Cheese, Steamed Edamame, Fresh Fruit	15 Option #1: Grilled Chicken & Cheese Wrap, Carrots & Dip, Fresh Fruit Option #2: Cheese Wrap, Carrots & Dip, Fresh Fruit	16 PIZZA DAY Option #1: Cheese Pizza (1 slice), Cucumbers, Grape Tomatoes w/Dip, Fruit
19 Option #1: Pasta Puttanesca w/Chicken, Roasted Balsamic Brussels Sprouts, Fresh Fruit	20 Option #1: Grilled Chicken & Cheese Wrap, 3 Bean Salad, Fresh Fruit Option #2: Cheese Wrap, 3 Bean Salad, Fresh Fruit	21 Option #1: Chicken Piccata w/WW Roll, Roasted Potato Wedges, Fresh Fruit Option #2: Grilled Cheese, Roasted Potato Wedges, Fresh Fruit	22 Option #1: Turkey & Cheese Sandwich, Carrots & Dip, Fresh Fruit Option #2: Cheese Sandwich, Carrots & Dip, Fresh Fruit	23 No School - Teacher Planning Day
26 Option #1: Pasta w/Lean Beef Bolognese, Roasted Sweet Peas, WW Roll, Fresh Fruit	27 Option #1: Turkey & Cheese Sandwich, Cucumbers & Dip, Fresh Fruit Option #2: Cheese Sandwich, Cucumbers & Dip, Fresh Fruit	28 Option #1: Philly Cheesesteak, Roasted Broccoli, Fresh Fruit Option #2: Grilled Cheese, Roasted Broccoli, Fresh Fruit	29 Option #1: Grilled Chicken & Cheese Wrap, Black Bean Salad, Fresh Fruit Option #2: Cheese Wrap, Black Bean Salad, Fresh Fruit	30 PIZZA DAY Option #1: Cheese Pizza (1 slice), Carrots, Grape Tomatoes & Dip, Fresh Fruit