

Breakfast

|  |  |  |   |  |
|--|--|--|---|--|
|  |  |  |   | <b>1</b><br>Strawberry Oat Muffin Squares (vegan and gluten free options); Hardboiled egg  |
| <b>4</b><br>Yogurt Parfait (whole milk or plant-based; housemade granola topping; rotating fruit mixing - frozen peach, frozen strawberries, frozen cherries, fresh blueberries, frozen mango, frozen berry mix, etc.) | <b>5</b><br>Arepas (naturally GF, vegan; choice of scrambled egg, black beans, cheese, hot sauce)                                      | <b>6</b><br>Waffles, Berries, Maple Syrup, Butter (plant-based option)   | <b>7</b><br>English Muffin Your Way (choice of fried egg, sunbutter, fruit preserve, butter; gluten free english muffins available) | <b>8</b><br><b>NO SCHOOL</b>   |
| <b>11</b><br>Egg Bake Bites (turkey ham and cheese) or Vegan Omelette; side of toast (gluten free available)   | <b>12</b><br>Sweet Potato Chocolate Chip Bread (vegan and veg versions; made with gluten free flour); Whole milk or plant-based yogurt | <b>13</b><br>Buckwheat pancakes (naturally gluten free; vegan option available), sunbutter, butter (and plant-based option), maple syrup | <b>14</b><br>Bagel and whipped cream cheese or sunbutter, choice of fruit preserve (gluten free toast available)                    | <b>15</b><br>Greens, Eggs, and Ham (egg bake with spinach, cheese and turkey ham) or Tofu scramble with spinach and herbs; side of toast (gluten free available) |
| <b>18</b><br>Chocolate Chip Zucchini Muffin Squares (vegan and non vegan options); Hardboiled Egg  | <b>19</b><br>Breakfast Tacos (choice of eggs, cheese, black beans, tofu scramble; side of salsa) (wheat or corn tortillas)             | <b>20</b><br>French toast (vegan; gluten free available) with maple syrup, strawberry compote  | <b>21</b><br>Breakfast Burrito (scrambled egg or scrambled tofu, black beans, salsa; gluten free tortillas available)               | <b>22</b><br>Apple Pie Oatmeal (oats, cinnamon, apples, raisins; choice of whole milk or plant-based milk added)   |
| <b>25</b><br>Smoothie (rotating flavors: pineapple mango smoothie; strawberry banana; etc.) (whole milk and plant-based yogurt options)  | <b>26</b><br>Bagel and whipped cream cheese or sunbutter, choice of fruit preserve (gluten free toast available)                       | <b>27</b><br>Blueberry Muffin Squares (gluten free and vegan options); whole milk or plant-based yogurt                                  | <b>28</b><br>Breakfast Pizza (choice of chorizo, egg, and cheese OR sunbutter banana; gluten free available)                        | <b>29</b><br>English Muffin Your Way (choice of sunbutter, fruit preserve, butter; gluten free english muffins available)  |

*Offer vs Serve - Fat Free Chocolate Milk or 1% White Milk Offered - All bread items whole grain*  
NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

**“this institution is an equal opportunity provider”**

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

# October 2021 Menu

## Lunch

|   |  |  |   |  |
|---|--|--|---|--|
|   |  |  |   | <p><b>1</b><br/> <b>Lunch 1</b> Nachos! (whole grain corn tortilla chips, black beans, cheese, salsa, chopped romaine, diced tomatoes, spicy peppers, guacamole)<br/> <b>Lunch 2</b> (BYO - GF, vegan, dairy, egg free options; no nuts)<br/> <b>Subgroup</b> 1/2 cup OTHER (green beans); 1/2 cup OTHER (cauliflower)</p>   |
| <p><b>4</b><br/> <b>Lunch 1</b> Mediterranean Gyro (chicken or falafel); tzatziki sauce, tahini; milled shredded carrot salad; marinated cucumber salad<br/> <b>Lunch 2</b> (BYO - GF, vegan, dairy, egg free options; no nuts)<br/> <b>Subgroup</b> 1/4 cup GREEN, 1/4 cup RED/ORANGE, 1/2 cup OTHER</p>                                     | <p><b>5</b><br/> <b>Lunch 1</b> Mexican Chicken and Potato Stew, Creamy Pinto Beans, Yellow Rice, Tex-Mex Kale Salad<br/> <b>Lunch 2</b> (vegan options: pinto beans over yellow rice, tex mex salad)<br/> <b>Subgroup</b> 1/2 cup OTHER, 1/2 LEGUME</p>                                 | <p><b>6</b><br/> <b>Lunch 1</b> Pasta Pasta! (whole grain or gluten free fusilli; marinara or pesto - dairy free? sauce, marinated white beans or turkey meatballs); chopped romaine, yellow peppers, hakurei turnip, cherry tomatoes; housemade dressing choices)<br/> <b>Lunch 2</b> (BYO - GF, vegan, dairy, egg free options; no nuts)<br/> <b>Subgroup</b> 1/2 cup STARCHY; 1/2 cup GREEN</p> | <p><b>7</b><br/> <b>Lunch 1</b> Baked Potato Bar; crackers on the side<br/> <b>Lunch 2</b> (BYO - GF, vegan, dairy, egg free options; no nuts)<br/> <b>Subgroup</b> 1/2 cup STARCHY; 1/2 cup GREEN</p>  | <p><b>8</b><br/> NO SCHOOL</p>   |
| <p><b>11</b><br/> <b>Lunch 1</b> Harvest Veggie Pasta<br/> <b>Lunch 2</b> (BYO - GF, vegan, dairy, egg free options; no nuts)<br/> <b>Subgroup</b> 1/4 cup GREEN, 1/4 cup RED/ORANGE, 1/2 cup OTHER</p>   | <p><b>12</b><br/> <b>Lunch 1</b> Red Thai Curry over Rice; emerald salad (soybeans)<br/> <b>Lunch 2</b> Thai Basil Chicken over Rice; emerald salad (soybeans)<br/> <b>Subgroup</b> 1/2 cup OTHER, 1/2 LEGUME</p>  | <p><b>13</b><br/> <b>Lunch 1</b> Earth Burger (plant-based burger); sweet potato fries; cucumber slices; ketchup; mustard; veggie dip<br/> <b>Lunch 2</b> Cosmic Burger (blended mushroom-beef burger); sweet potato fries; cucumber slices; ketchup; mustard; veggie dip<br/> <b>Subgroup</b> 1/2 cup RED/ORANGE; 1/2 cup OTHER</p>   | <p><b>14</b><br/> <b>Lunch 1</b> Herbed chicken pasta, lemon peas, carrot sticks with choice of housemade dressing (gluten free pasta available); garlic bread (vegan)<br/> <b>Lunch 2</b> Herbed white bean pasta, lemon peas, carrot sticks with choice of housemade dressing (vegan, gluten free pasta available); garlic bread (vegan)<br/> <b>Subgroup</b> 1/2 cup OTHER; 1/2 STARCHY</p>  | <p><b>15</b><br/> <b>Lunch 1</b> Shredded tofu BBQ, mashed sweet potatoes, tangy slaw, sweet cornbread (vegan, gluten free)<br/> <b>Lunch 2</b> Pulled chicken BBQ, mashed sweet potatoes, tangy slaw, cornbread (vegan, gluten free)<br/> <b>Subgroup</b> 1/2 cup RED/ORANGE, 1/2 cup OTHER<br/> FRUIT</p>  |
| <p><b>18</b><br/> <b>Lunch 1</b> ACPA Pizza Party; spinach salad with bell pepper, carrots, and cucumber (housemade dressing choices: buttermilk ranch and balsamic vinaigrette)<br/> <b>Lunch 2</b> (BYO - GF, vegan, dairy, egg free options; no nuts)<br/> <b>Subgroup</b> 1/4 cup GREEN, 1/4 cup OTHER, 1/4 RED/ORANGE, 1/4 cup OTHER</p> | <p><b>19</b><br/> <b>Lunch 1</b> BOWL: Cilantro Lime Rice, Mom's Black Beans, crumbled cheese, pico de gallo, avocado, chipotle honey roasted carrots<br/> <b>Lunch 2</b> (BYO - GF, vegan, dairy, egg free options; no nuts)<br/> <b>Subgroup</b> 1/2 cup OTHER, 1/2 cup RED/ORANGE</p> | <p><b>20</b><br/> <b>Lunch 1</b> BOWL: Mediterranean Bowl<br/> <b>Lunch 2</b> (BYO - GF, vegan, dairy, egg free options; no nuts)<br/> <b>Subgroup</b> 1/2 cup GREEN, 1/4 cup OTHER, 1/4 OTHER, 1/2 cup LEGUME</p>   | <p><b>21</b><br/> <b>Lunch 1</b> Roasted Chicken BLT Sandwich (fresh whole grain roll, roasted chicken, bacon, lettuce, tomato, choice of pesto aioli, mayonnaise, mustard) (gluten free bread available); cucumber and red pepper sticks; housemade ranch or Italian dressing; crisp potato chips<br/> <b>Lunch 2</b> Purple Rain Hummus Wrap (beet hummus, julienned carrots, crisp romaine); cucumber and red pepper sticks; housemade ranch or Italian dressing; crisps potato chips<br/> <b>Subgroup</b> 1/2 cup GREEN, 1/4 cup OTHER, 1/4 OTHER, 1/2 cup LEGUME</p> | <p><b>22</b><br/> <b>Lunch 1</b> ACPA Pizza Party (preorder with 4 topping choices - pepperoni, cheese, and two rotating options - one always vegan); spinach salad with bell pepper, carrots, and cucumber (housemade dressing choices: buttermilk ranch and balsamic vinaigrette)<br/> <b>Lunch 2</b> (BYO - GF, vegan, dairy, egg free options; no nuts)<br/> <b>Subgroup</b> 1/2 cup GREEN, 1/4 cup OTHER, 1/4 OTHER, 1/2 cup LEGUME</p> |
| <p><b>25</b><br/> <b>Lunch 1</b> Chana Masala, Basmati Rice, Naan; green beans with toasted almonds, spiced cauliflower<br/> <b>Lunch 2</b> Chicken Tikka Masala, Basmati Rice, Naan; green beans with toasted almonds, spiced cauliflower<br/> <b>Subgroup</b> 1/2 cup OTHER, 1/2 cup RED/ORANGE</p>   | <p><b>26</b><br/> <b>Lunch 1</b> Sesame Tofu Stir Fry over Rice<br/> <b>Lunch 2</b> Spicy Chicken and Veggie Stir Fry over Rice<br/> <b>Subgroup</b> 1/2 CUP OTHER; 1/2 CUP OTHER</p>  | <p><b>27</b><br/> <b>Lunch 1</b> Vegan Mac and Cheese (One Rad Grandma's Mac and Vs) ; baked beans; roasted broccoli<br/> <b>Lunch 2</b> All the cheese Mac and Cheese; baked beans; roasted broccoli<br/> <b>Subgroup</b> 1/2 CUP LEGUME; 1/2 CUP GREEN</p>   | <p><b>28</b><br/> <b>Lunch 1</b> Street Tacos; chili lime corn salad<br/> <b>Lunch 2</b> (BYO - GF, vegan, dairy, egg free options; no nuts)<br/> <b>Subgroup</b> 1/2 cup STARCHY; 1/4 cup GREEN; 1/4 cup RED/ORANGE</p>  | <p><b>29</b><br/> <b>Lunch 1</b> BOWL: Bibimbap (seasoned rice, Korean BBQ beef, braised tofu, kimchi, julienned carrots, quick pickled cucumber, sesame spinach, Gochujang sauce)<br/> <b>Lunch 2</b> (BYO - GF, vegan, dairy, egg free options; no nuts)<br/> <b>Subgroup</b> 1/2 cup STARCHY; 1/2 cup GREEN</p>   |

*Offer vs Serve - Fat Free Chocolate Milk or 1% White Milk Offered - All bread items whole grain  
NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE*

**“this institution is an equal opportunity provider”**

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

# ACPA

## October 2021 Menu

# CAFE

*Offer vs Serve - Fat Free Chocolate Milk or 1% White Milk Offered - All bread items whole grain*  
NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

**“this institution is an equal opportunity provider”**

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.