



**October 4 - 8**

	<b>BREAKFAST</b>	<b>LUNCH 1</b>	<b>LUNCH 2</b>
<b>MON</b>	Yogurt Parfait (Whole Milk or Plant-Based) with Granola and Fruit Topping	Mediterranean Gyro with Chicken, Tzatziki Sauce, Tahini and a Side Salad	Mediterranean Gyro with Falafel, Tzatziki Sauce, Tahini and a Side Salad
<b>TUES</b>	Buckwheat Pancakes with Berries and Maple Syrup	Mexican Chicken and Potato Stew with Creamy Pinto Beans, Yellow Rice, and Tex-Mex Kale Salad	Creamy Pinto Beans with Yellow Rice and Tex-Mex Kale Salad
<b>WED</b>	Arepas with Scrambled Egg, Black Beans, Cheese, and Hot Sauce	Pasta with Marinara or Pesto Sauce and Turkey Meatballs and a Side Salad	Pasta with Marinara or Pesto Sauce with Marinated White Beans and a Side Salad
<b>THURS</b>	English Muffin Your Way (Choice of Sunbutter, Fruit Preserve, or Butter)	Baked Potato Bar with Crackers on the Side	BYO Potato Bar with Crackers on the Side
<b>FRI</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>

**Gluten-free and vegan options available upon request!**