Strok Red S our main ingredient is fun!

october

farm 2 school feature

pumpkins



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				A. Cheese Quesadilla B. Lime Salmon Mexican Pinto Beans Cumin Scented Rice Salsa, Sour Cream Fresh Fruit	A. Kosher Beef Hotdog B. Garlic Pasta Toss Corn on the Cob Steamed Broccoli Fruit Juice Box	All meals are kosher supervised
	A. Beyond Burger B. Grilled Cheese Potato Wedges, Fresh Fruit, Chocolate Cookie *Entrees are Vegetarian	A. Mac n Cheese B. Buffalo Nuggets Sautéed Green Beans Honey Cooked Apples Dairy Selection	A. Cheese Lasagna B. Pasta Marinara Whole Wheat Roll Green Beans Fresh Fruit Chocolate Milk	A. Cheese Quesadilla B. Stuffed Baked Potato Sour cream, cheese, salsa, butter, Steamed Broccoli Sautéed Apples	A. Honey Chicken Breast B. Maple Glazed Salmon Cinnamon Risotto Rice Sautéed Local Apples Roasted Veggies	
	A. Sesame Salmon B. Teriyaki Tofu Asian veggie Stir Fry Brown Rice Fresh Fruit	A. Grilled Cheese B. Pancake & Eggs Fresh Fruit Topping Baby Carrots Strawberry Yogurt	A. Cheese Quesadilla B. Mexican Lasagna Roasted Veggies Fruit Cobbler	Parent Teacher Conferences Noon Dismissal No Lunch Served	Parent Teacher Conferences No School	
	A. Beyond Burger B. Honey Grill Salmon Potato Wedges, Fresh Fruit, Chocolate Cookie *Entrees are Vegetarian	A. Veggie Omelet B. French Toast/Eggs Fresh Fruit Topping Steamed Carrots Strawberry Yogurt	A. Wheat Pizza Bagel B. Teriyaki Salmon Steamed Veggies Fresh Fruit Chocolate Milk Chocolate Chip Cookie	A. Grilled Cheese B. Chicken-less Nuggets Strawberry Yogurt Steamed Broccoli Chocolate Muffin Fresh Cut Fruit	A. Chicken Fingers B. BBQ Salmon Mashed Potatoes Sautéed Green Beans Wheat Roll Fruit Juice Box	
Bistro Kids does not use tree nuts or peanuts, but does source ingredients made in facilities that also process tree nuts and peanuts. Some items may contain milk, soy, sesame, wheat, fish and/or eggs	Professional Development No School	A. Stuffed Red Pepper B. Cheese Quesadilla Spanish rice, Salsa Roasted Veggie Fresh Fruit	A. Ramen Noodles B. Teriyaki Salmon Asian Stir Fry Veggies Whole Fruit Selection Strawberry Yogurt	A. Tuna Mac & Cheese B. Alfredo Pasta Ginger Braised Kale Wheat Roll Fresh Fruit Cup Chocolate Milk	A. Glatt Beef Burger B. BBQ Chicken Breast Air fried potatoes Sautéed Zucchini Crisp Fall Apple	Due to seasonality and local availability, menu is subject to change without prior notification