



October 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Age appropriate milk must be served with lunch	Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider		1 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	2 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
5 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	6 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	7 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	8 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	9 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
12 ***** GPA Closed for Staff Development *****	13 (V) Whole grain pizza* Garden salad Fresh fruit	14 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets Whole wheat bread/butter* Fresh fruit	15 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	16 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
19 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	20 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	21 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	22 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	23 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
26 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	27 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	28 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	29 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	30 (V) Lasagna Tossed salad Fresh fruit

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



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2 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	3 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	4 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	5 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	6 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
9 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	10 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	11 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	12 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	13 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
16 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	17 (V) Whole grain pizza* Garden salad Fresh fruit	18 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	19 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	20 Thanksgiving lunch Menu TBA
23 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	24 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	25 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit	26 ***** GPA Closed for Thanksgiving *****	27 ***** GPA Closed for Thanksgiving *****
30 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit			<i>Age appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

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December 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age appropriate milk must be served with lunch</i>	1 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	2 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	3 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	4 (V) Lasagna Tossed salad Fresh fruit
7 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	8 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	9 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	10 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	11 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
14 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	15 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	16 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	17 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	18 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
21 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	22 (V) Whole grain pizza* Garden salad Fresh fruit	23 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	24 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	25 ***** GPA Closed for Christmas *****
28 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	29 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	30 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	31 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

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