

October

2019

ATHENA

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Turkey soft tacos, black bean and corn salad soft tofu tacos fruit	2 Cheese Pizza green salad vegan GF pizza fruit	3 Ranch chicken wrap Chips veggies with hummus, vegan GF wrap Fruit	4 Sloppy Joes, pickles corn on the cob green beans, vegan GF sloppy tofu fruit	5
6	7 Grilled chicken, mac and cheese, roasted broccoli Grilled tofu, Vegan GF mac and cheese fruit	8 Taco pie Beans & rice Vegan Gf taco pie fruit	9 Turkey lasagna green salad garlic bread, Vegan GF lasagna, GF garlic bread, fruit	10 Chicken and waffles, carrots and celery with Ranch tofu and waffles fruit	11 Hamburgers and fixins veggie burger tater tots fruit	12
13	14 Chicken nuggets, mashed potatoes roasted carrots Gf tofu nuggets, fruit,	15 Cheese quesadillas refried beans & brown rice, Vegan GF quesadillas fruit	16 Cheese pizza, green salad vegan GF pizza fruit	17 Spaghetti and meatballs veggie meatballs, carrots garlic bread, fruit	18 Chopped brisket Ranch beans and rice green salad fruit	19
20	21 Grilled chicken (Veggie)sandwiches, pickles and fixins, sweet potato tots, fruit	22 Beef soft tacos jicama and cucumber salad soft GF tofu tacos fruit	23 Grilled chicken, pesto WW pasta ,green salad, Grilled tofu, GF pasta with basil fruit,	24 Beef lasagna, garlic bread, green beans Vegan Gf pasta, fruit	25 Warm turkey and swiss hoagies, Chips & coleslaw, warm vegan sandwich fruit,	26
27	28 Chicken meatballs Alfredo, GF pasta and veggie salad, Tofu loaf, fruit	29 Turkey soft tacos beans and rice, vegan tacos fruit	30 Cheese pizza green salad, vegan GF pizza fruit	31 King Ranch casserole, bean salad Vegan King Ranch casserole, fruit	*red is GF DF V	