

Hyde Park School October 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 TACO TUESDAY GF- TORTILLAS	2 CHEESE TORTILLINI W/ MARINARA GARLIC BREADSTICKS PEAS FRUIT GF – Gluten Free Pasta WHATEVER WEDNESDAY	3 SHEPHERD’S PIE ROASTED ZUCCHINI & SQUASH FRUIT GF – GLUTEN FREE WRAP WITH CHICKEN SIGNATURE SANDWICH	4 PIZZA DAY GLUTEN FREE PIZZA
7 GRILED CHICKEN MAC & CHEESE ROASTED BROCOLLI FRUIT GF – GRILLED TOFU HAMBURGER DAY GF – VEGGIE BURGER	8 TACO TUESDAY GF- TORTILLAS	9 SPAGHETTI W/ MEATBALLS GARLIC BREAD PEAS FRUIT GF – GLUTEN FREE SPAGETTI WHATEVER WEDNESDAY	10 CHICKEN & WAFFLES ROASTED BROCOLLI FRUIT GF- GLUTEN FREE WRAP SIGNATURE SANDWICH	11 PIZZA DAY GLUTEN FREE PIZZA
14 CHICKEN NUGGETS MASHED POTATOES CARROTS FRUIT HAMBURGER DAY GF – VEGGIE BURGER	15 TACO TUESDAY GF- TORTILLAS	16 PORK STIR FRY EGG ROLL RICE FRUIT GF – TOFU STIR FRY WHATEVER WEDNESDAY	17 CHICKEN & RICE CASSEROLE RICE PILAF GREEN BEAN FRUIT GF- GLUTEN FREE WRAP SIGNATURE SANDWICH	18 PIZZA DAY GLUTEN FREE PIZZA
21 CHICKEN SLIDERS CARROTS SWEET POTATO TOTS FRUIT HAMBURGER DAY GF – VEGGIE BURGER	22 TACO TUESDAY GF- TORTILLAS	23 CHILI MAC GARLIC BREADSTICKS GREEN BEANS FRUIT GF – TOFU STIR FRY WHATEVER WEDNESDAY	24 PORK ROAST W/ GRAVY MASHED POTATOES PEAS FRUIT GF – PORK WRAP SIGNATURE SANDWICH	25 PIZZA DAY GLUTEN FREE PIZZA
28 CHICKEN MEATBALL ALFREDO CARROTS FRUIT HAMBURGER DAY GF – VEGGIE BURGER	29 TACO TUESDAY GF- TORTILLAS	30 HAM & NOODLES CORN FRUIT GF – GLUTEN FREE NOODLES WHATEVER WEDNESDAY	31 KING RANCH CASSEROLE BLACK BEAN AND CORN SALAD FRUIT GF – GLUTRN FREE WRAP SIGNATURE SANDWICH	