

October

2019

CBI

Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Turkey soft tacos black bean and corn salad, GF Vegan tacos fruit,	2 Cheese Calzones salad, vegan GF pizza fruit	3 Ranch chicken wrap, veggies and hummus, vegan GF wrap fruit	4 CBI Pizza	5
6	7 Grilled chicken mac and cheese, roasted broccoli, grilled tofu and vegan GF mac and cheese, fruit	8 Taco pie, beans, rice Vegan GF taco pie fruit	9 Turkey lasagna, salad garlic bread Vegan GF lasagna fruit	10 Chicken and waffles, carrots and celery with Ranch tofu and waffles fruit	11 CBI Pizza	12
13	14 Chicken nuggets, mashed potatoe, roasted carrots Gf tofu nugget fruit	15 Cheese quesadillas refried beans & brown rice vegan GF quesadillas, fruit	16 Cheese Tortellini with Marinara green salad, vegan GF pasta fruit	17 Spaghetti and meatballs, veggie meatballs, Roasted Broccoli garlic bread, fruit	18 CBI Pizza	19
20	21 Grilled chicken (Veggie)sandwiches, pickles and fixins, sweet potato tots, fruit	22 Beef soft tacos, jicama and cucumber salad, soft GF Bean & Cheese tacos fruit	23 Grilled chicken pesto WW pasta, salad, grilled tofu, GF pasta with basil fruit,	24 Beef lasagna, vegan GF pasta, garlic bread, green beans, fruit	25 CBI Pizza	26
27	28 Chicken meatballs Alfredo, Gf pasta veggie salad, tofu loaf, fruit	29 Turkey soft tacos, beans and rice, vegan tacos fruit,	30 Cheese Calzone salad, vegan GF Calzone, fruit	31 King ranch casserole, black bean and corn salad, Vegan King ranch, fruit	*GF DF V menu items	