

October 2024  
LUNCH MENU

The Girl's School Austin

GF – Gluten Free      DF – Dairy Free      V – Vegetarian      EF– Egg free				
	1 Soft Chicken Tacos <b>DF EF</b> Spanish Riice <b>GF DF V EF</b> Refried Beans <b>GF DF V EF</b> Fruit Taco Salad Tomato Basil Mozzarella Bento	2 Swedish Meatballs Mashed Potatoes <b>GF V EF</b> Peas <b>GF DF V EF</b> Fruit Greek Salad Ham & Cheese Bento	3 Pasta Marinara <b>DF V EF</b> Green Beans <b>GF DF V EF</b> Breadstick <b>DF V EF</b> Fruit Italian Misto Salad Italian Sub Bento	4 Cheese Pizza Day!!! Fresh Veggie Salad <b>GF DF V EF</b> Fruit Cobb Salad Sun butter Bento
7 Chicken Pot Pie Veggie Salad <b>GF DF V EF</b> Fruit *Tofu Green Garden Salad Turkey & Cheese Bento	8 Soft Beef Tacos <b>DF EF</b> Cilantro Rice <b>GF DF V EF</b> Pinto Beans <b>GF DF V EF</b> Fruit *Bean Taco Taco Salad Roast Beef Bento	9 Broccoli, Cheese, Rice <b>GF EF</b> WW Roll <b>DF V EF</b> Fruit Spinach Salad w/Strawberries Ham & Cheese Bento	10 Turkey Meatloaf <b>DF</b> Mashed Potatoes <b>GF DF EF V</b> Peas & Carrots <b>GF DF EF V</b> Fruit Italian Misto Salad Meatball Sub	11 <b>NO SCHOOL</b>
14 <b>NO SCHOOL</b>	15 Cheese Enchiladas <b>GF V EF</b> Rice <b>GF DF V EF</b> Black Beans <b>GF DF V EF</b> Fruit Taco Salad Tomato Basil Mozzarella Bento	16 Spaghetti & Meatballs <b>DF EF</b> Green Beans <b>GF DF V EF</b> Fruit *Veggie Meatballs Greek Salad Ham & Cheese Bento	17 Chicken Teriyaki <b>GF DF EF</b> Veggie Rice <b>GF DF V EF</b> Veggie Spring Rolls <b>DF V EF</b> Fruit *Veggie Italian Misto Salad Chicken Salad Bento	18 Cheese Pizza Day!!! Fresh Veggie Salad <b>GF DF V EF</b> Fruit Cobb Salad Sun butter Bento
21 Cheese Tortellini <b>V</b> Broccoli <b>GF DF V EF</b> Breadstick <b>V</b> Fruit Green Garden Salad Turkey & Cheese Bento	22 Bean & Cheese Taco <b>V EF</b> Spanish Rice <b>GF DF V EF</b> Fruit Taco Salad Roast Beef Bento	23 Turkey Frito Pie <b>GF EF</b> Fresh Veggies <b>GF DF V EF</b> Fruit *Veggie Chili Spinach Salad w/Strawberries Ham & Cheese Bento	24 Gyros <b>DF</b> Hummus <b>GF DF V EF</b> Cucumbers & Tomatoes <b>DF V EF</b> Fruit *Veggie Gyro Italian Misto Salad Meatball Sub	25 Pork Egg Rolls <b>DF</b> Veggies Fried Rice <b>GF DF V EF</b> Fruit *Veggie Spring Rolls Caesar Salad Egg Salad Bento <b>V</b>
28 King Ranch Chicken <b>GF EF</b> Mixed Veggies <b>GF DF V EF</b> Fruit *Veggie Green Goddess Salad Turkey & Cheese Bento	29 Soft Beef Tacos <b>DF EF</b> Cilantro Rice <b>GF DF V EF</b> Pinto Beans <b>GF DF V EF</b> Fruit *Bean Taco Taco Salad Tomato Basil Mozzarella Bento	30 Hot Turkey Sandwich Tater Tots <b>GF DF V EF</b> Fruit *Tofurkey Greek Salad	31 Tomato Basil Soup <b>GF V EF</b> Grilled Cheese <b>V EF</b> Veggies <b>GF DF V EF</b> Fruit Italian Misto Salad Chicken Sandwich Bento	*Vegetarian *Salad of the Day *Sandwich of the Day

