

# OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><b>Breakfast</b> Hard Boiled Egg, Toast CK Fruit Salad, Milk</p> <p><b>Lunch</b> Mac and Cheese Broccoli Apple, Milk</p>	<p>2</p> <p><b>Breakfast</b> Yogurt Parfait, Granola Apple, Milk</p> <p><b>Lunch</b> Nachos with Beans Corn Chips Watermelon, Milk</p>	<p>3</p> <p><b>Breakfast</b> Oatmeal Cinamon Apple, Milk</p> <p><b>Lunch</b> Korean Chicken Bowl, Korean Veggie Bowl Brown Jasmine Rice, Cauliflower Banana, Milk</p>	<p>4</p> <p><b>Breakfast</b> Seasonal Baked Good, Yogurt CK Fruit Salad, Milk</p> <p><b>Lunch</b> Sunbutter and Jelly Sandwich Carrot Sticks Orange, Milk</p>	<p>5</p> <p><b>Breakfast</b> Scrambled Eggs, Toast Apple, Milk</p> <p><b>Lunch</b> Pizza Bread Potato Salad Apple, Milk</p>
<p>8</p> <p><b>Breakfast</b> Hard Boiled Egg, Toast CK Fruit Salad, Milk</p> <p><b>Lunch</b> Pasta Marinara Cauliflower Pear, Milk</p>	<p>9</p> <p><b>Breakfast</b> Yogurt Parfait, Granola Apple, Milk</p> <p><b>Lunch</b> Bean and Cheese Burrito Corn Chips Orange, Milk</p>	<p>10</p> <p><b>Breakfast</b> Seasonal Baked Good CK Fruit Salad, Milk</p> <p><b>Lunch</b> Ham and Cheese Sandwiches Grilled Cheese, Potato Watermelon, Milk</p>	<p>11</p> <p><b>Breakfast</b> Cereal CK Fruit Salad, Milk</p> <p><b>Lunch</b> Beef Bolognese Pasta, Marinara Broccoli Apple, Milk</p>	<p>12</p> <p><b>Breakfast</b> Scrambled Eggs, Toast Apple, Milk</p> <p><b>Lunch</b> Sloppy Joes, Veggie Joes Carrot Sticks Watermelon, Milk</p>
<p>15</p> <p><b>Breakfast</b> Hard Boiled Egg, Toast CK Fruit Salad, Milk</p> <p><b>Lunch</b> Minestrone with Lentil Assorted Vegetables Orange, Milk</p>	<p>16</p> <p><b>Breakfast</b> Yogurt Parfait, Granola Apple, Milk</p> <p><b>Lunch</b> Beef Enchilada Casserole Bean Enchiladas Pear, Milk</p>	<p>17</p> <p><b>Breakfast</b> Oatmeal Cinamon Apple, Milk</p> <p><b>Lunch</b> BBQ Chicken, BBQ Tofu Brown Jasmine Rice, Potato Orange, Milk</p>	<p>18</p> <p><b>Breakfast</b> Scrambled Egg, Toast Apple, Milk</p> <p><b>Lunch</b> Pasta Marinara Broccoli Apple, Milk</p>	<p>19</p> <p><b>Staff Day</b></p>
<p>22</p> <p><b>Staff Day</b></p>	<p>23</p> <p><b>Breakfast</b> Yogurt Parfait, Granola Apple, Milk</p> <p><b>Lunch</b> Nachos with Beans, Bean Taco Platter Rice Orange, Milk</p>	<p>24</p> <p><b>Breakfast</b> Oatmeal Cinamon Apple, Milk</p> <p><b>Lunch</b> Shepards Pie, Lentil Pie Mashed Potato Banana, Milk</p>	<p>25</p> <p><b>Breakfast</b> Cereal Apple, Milk</p> <p><b>Lunch</b> Lemon Pepper Chicken Lemon Pepper Tofu, Rice, Cauliflower Orange, Milk</p>	<p>26</p> <p><b>Breakfast</b> Scrambled Eggs, Toast Apple, Milk</p> <p><b>Lunch</b> Hot Dog, Veggie Burger Carrot Sticks Pear, Milk</p>
<p>29</p> <p><b>Breakfast</b> Hard Boiled Egg CK Fruit Salad, Milk</p> <p><b>Lunch</b> Black-eyed Peas and Collards Corn Bread, Collards Orange, Milk</p>	<p>30</p> <p><b>Breakfast</b> Seasonal Baked Good, Yogurt CK Fruit Salad, Milk</p> <p><b>Lunch</b> Chicken Taco Platter, Bean Taco Platter Brown Jasmine Rice, Corn Watermelon, Milk</p>	<p>31</p> <p><b>Breakfast</b> Oatmeal Apple, Milk</p> <p><b>Lunch</b> Orange Mac and Cheese Cauliflower Cinamon Apple, Milk</p>	<p>1</p> <p><b>Breakfast</b> Cereal Apple, Milk</p> <p><b>Lunch</b> Chicken Teriyaki, Teriyaki Tofu Brown Jasmine Rice, Carrot Sticks Apple, Milk</p>	<p>2</p> <p><b>Breakfast</b> Scrambled Eggs, Toast Apple, Milk</p> <p><b>Lunch</b> Cheese Burger, Veggie Burger Potato Orange, Milk</p>



## WILLOW CREEK ACADEMY

*Meals will be prepared with fresh local organic seasonal sustainable and non gmo ingredients as best we can.  
Substitutions may occur based on availability of ingredients.*

