


MMBOA Lunch Menu – October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 V Cheese Pizza, Green Salad w/ Ranch, Mandarin Oranges	3 Chicken Noodle Soup, Turkey & Cheddar / Cheddar Cheese Sandwich, Fruit Cocktail	4 V Penne Pasta w/ Marinara & Parmesan Cheese, Baby Corn w/ Ranch, Bread & Butter, Apples	5 ML Rosamarina Soup, Whole Wheat Bagel & Cream Cheese, Cucumber Slices, Pineapple	6 V Chicken or Veggie Burger, Veggie Chips, Carrots/Celery Sticks w/ Ranch, Sherbert
9 V Whole Wheat Spaghetti w/ Creamy Marinara, Caesar Salad, Apples	10 ML Cheese Tortellini Soup, Salami Cheese /Mozzerella Cheese Sanwich, Pineapple	11 V Chicken & Cheese or Cheese Quesadilla, Vegetarian Refried Beans, Salsa, Apples	12 V Cheese Pizza, Green Salad w/ Cucumbers, Bell Peppers & Italian Dressing, Peaches	13 V Turkey or Veggie Hot dog, Pretzel Bites, Carrots & Baby Corn w/ Ranch, Oatmeal Cookie
16 V Vegetarian Chili & Cheddar Cheese, Cornbread, Baby Carrots w/ Ranch, Apples	17 Chicken Rice Soup, Sunbutter & Jelly Sandwich, Peaches	18 Macaroni & Cheese, Green Beans, Fruit Cocktail	19 Beef Noodle Soup, Whole Wheat Bagel & Cream Cheese, Cucumber Slices, Pudding	20 V Chicken Tenders or Veggie Nuggets, Veggie Straws, Broccoli & Red Peppers w/ Ranch, Oranges
23 V Penne Pasta w/ Marinara & Parmesan Cheese, Bread & Butter, Bell Peppers w/ Ranch, Apples	24 ML Alphabet Soup, Warm Ham & Jack Cheese or Jack Cheese Sandwich, Oranges	25 V Cheese Quesadilla, Vegetarian Refried Beans, Salsa, Peaches	26 Chicken & Star Soup, Sunbutter & Apple Sandwich, Mandarin Orange	27 V Hamburger or Veggie Burger, Snap Pea Crisps, Baby Carrots, & Corn w/ Ranch, Pumpkin Cake
30 V Cheese Pizza, Green Salad w/ Ranch, Mandarin Oranges	31 Chicken Noodle Soup, Turkey & Cheddar / Cheddar Cheese Sandwich, Fruit Cocktail			

V = FULL VEGETARIAN PROVIDED M,W,F, ML = MEATLESS HAS MEAT BASED BROTH BUT NO MEAT