

# OCTOBER 2018 TO LIFE CATERING LUNCH MENU

Elementary School through Middle School has the option of bagels with tuna, cream cheese, egg, salad bar and fruit.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SUKKOT- SCHOOL CLOSED	2 SUKKOT- SCHOOL CLOSED	3 Hamburger or Grilled Chicken Breast French Fries, Tomato, Lettuce, Cucumber, Fruit	4 Alfredo & Baked Ziti, Plain or Red Pasta Grilled Cheese and Tuna Sandwich Garlic Bread, Soup & Fruit	5 Pizza Corn & Fruit
8 Sushi or Hamburger French Fries Lettuce, Tomato & Fruit	9 Taco or Schnitzel Rice, Beans, Salad, Salsa & Fruit	10 Shawarma or Teriyaki Chicken Brown Rice, Pita, Hummus, Salad & Fruit	11 Mac & Cheese and Baked Ziti, Plain and Red Pasta Grilled Cheese and Tuna Sandwich Garlic Bread, Soup & Fruit	12 Pizza Corn & Fruit
15 Pasta Bolognese Hamburger, French Fries Lettuce, Tomato, Edamame & Fruit	16 Taco or Grilled Chicken Rice, Beans, Salad Salsa & Fruit	17 Meatballs or BBQ Wings Brown Rice, Peas, Mini Carrots, Broccoli & Fruit	18 Baked Ziti Plain and Red Pasta Grilled Cheese & Tuna Sandwich Garlic Bread, Soup & Fruit	19 Pizza Corn & Fruit
22 Grilled Chicken, BBQ Wings, Couscous, Vegetable Soup, Salad & Fruit	23 Shawarma or Teriyaki Chicken Brown Rice, Pita, Hummus, Salad & Fruit	24 Chinese Noodles, Orange Chicken White Rice, Steamed Veggies & Fruit	25 Alfredo & Baked Ziti, Plain and Red Pasta Grilled Cheese and Tuna Sandwich Garlic Bread, Soup & Fruit	26 Pizza Corn & Fruit
29 Sushi or Hamburger French Fries Lettuce, Tomato & Fruit	30 Taco or Grilled Chicken Rice, Beans, Salad, Broccoli, Salsa, Tortilla & Fruit			