



October Cold K-8 Menu

Delivering health one meal at a time!

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | Honey Mustard Chicken Wrap, Whole Grain Soft Tortilla Wrap, Potato Salad, Fruit | Turkey BLT (Turkey, Turkey-Bacon, Lettuce w/Tomato & Mayo, on Wheat Bread (2slices), Four Bean Salad, Fruit | Turkey Ham & Cheese, on Wheat Bread (2slices), Broccoli Florets, Fruit | California Chicken Salad Sandwich, Whole Wheat Bun, Carrot Sticks w/Ranch Dip, Fruit |
| | 1 | 2 | 3 | 4 |
| Chicken Gyro w/Tzatziki Sauce, on Whole Grain Pita Bread, Tarragon Potato Salad, Fruit | Turkey & Cheese Sandwich, on Wheat Bread (2 slices), Carrot Sticks w/Ranch Dip, Fruit, Mustard & Mayo | Roast Beef & Cheese Sandwich, Whole Wheat Bun, Broccoli Florets w/Ranch Dip, Fruit | Turkey Ham & Cheese, on Wheat Bread (2 slices), Pea Salad, Fruit, Mustard & Mayo | Turkey BLT (Turkey, Turkey-Bacon, Lettuce w/Tomato & Mayo, on Wheat Bread (2slices), Four Bean Salad, Fruit |
| 7 | 8 | 9 | 10 | 11 |
| Chicken Salad Sandwich, Whole Wheat Bun, Broccoli Florets w/ Ranch Dip, Fruit | Honey Mustard Chicken Wrap, Whole Grain Soft Tortilla Wrap, Potato Salad, Fruit | Turkey & Cheese Sandwich, on Wheat Bread (2 slices), Carrot Sticks w/Ranch Dip, Fruit | Buffalo Chicken Wrap, Whole Grain Soft Tortilla, Black Beans & Corn Salad, Fruit | Turkey Ham & Cheese, on Wheat Bread (2 Slices), Broccoli Florets w/Ranch Dip, Mustard & Mayo, Fruit |
| 14 | 15 | 16 | 17 | 18 |
| Chicken Gyro w/Tzatziki Sauce on Whole Grain Pita Bread, Tarragon Potato Salad, Fruit | California Chicken Salad Sandwich, Whole wWeat Bun, Curried Chickpeas, Fruit | Turkey Ham & Cheese, on Wheat Bread (2slices), Broccoli Florets, Fruit | Chicken Salad Sandwich, Whole Wheat Bun, Carrot Sticks w/Ranch Dip, Fruit | Turkey BLT (Turkey, Turkey-Bacon, Lettuce w/Tomato & Mayo, on Wheat Bread (2slices), Four Bean Salad, Fruit |
| 21 | 22 | 23 | 24 | 25 |
| Turkey & Cheese Sandwich, on Wheat Bread (2 slices), Mexican Corn Salad, Fruit | Buffalo Chicken Wrap, Whole Grain Soft Tortilla, Black Beans & Corn Salad, Fruit | Roast Beef & Cheese Sandwich, Whole Wheat Bun, Broccoli Florets w/Ranch Dip, Fruit | Turkey Ham & Cheese, on Wheat Bread (2 slices), Pea Salad, Fruit, Mustard & Mayo | |
| 28 | 29 | 30 | 31 | |