

# OCTOBER | 2023



## PRC Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Turkey burger on a pretzel bun Sweet potato fries Assorted veggie Fruit Juice/Milk	<b>2</b> Pumpkin gnocchi with pork Assorted veggies Fruit Juice/Milk	<b>3</b> Chefs' choice	<b>4</b> Chicken fajita fried rice Assorted veggies Fruit Juice/Milk	<b>5</b> Kale pesto pasta with chicken Garlic stick Assorted veggies Fruit Juice/Milk	<b>6</b> BBQ chicken calzone Assorted veggies Fruit Juice/Milk	<b>7</b> Harvest chicken salad Multigrain bread Assorted veggies Fruit Juice/Milk
<b>8</b> Cheeseburger quesadilla Roasted potatoes Assorted veggies Fruit Juice/Milk	<b>9</b> Butternut squash pasta Assorted veggies Fruit Juice/Milk	<b>10</b> Crispy tofu quesadilla Cilantro rice/quinoa Assorted veggies Fruit Juice/Milk	<b>11</b> Teriyaki chicken with lo mein noodles Assorted veggies Fruit Juice/Milk	<b>12</b> Ranch pork chops Creamy quinoa Assorted veggies Fruit Juice/Milk	<b>13</b> Meat and cheese calzone Assorted veggies Fruit Juice/Milk	<b>14</b> Black bean chicken taquitos Garlic rice Assorted veggies Fruit Juice/Milk
<b>15</b> Turkey burger on a pretzel bun Sweet potato fries Assorted veggie Fruit Juice/Milk	<b>16</b> Pumpkin gnocchi with pork Assorted veggies Fruit Juice/Milk	<b>17</b> BBQ shepherd's veggie pot pie Assorted veggie Juice/Milk	<b>18</b> Chicken fajita fried rice Assorted veggies Fruit Juice/Milk	<b>19</b> Kale pesto pasta with chicken Garlic stick Assorted veggies Fruit Juice/Milk	<b>20</b> BBQ chicken calzone Assorted veggies Fruit Juice/Milk	<b>21</b> Harvest chicken salad Multigrain bread Assorted veggies Fruit Juice/Milk
<b>22</b> Cheeseburger quesadilla Roasted potatoes Assorted veggies Fruit Juice/Milk	<b>23</b> Butternut squash pasta Assorted veggies Fruit Juice/Milk	<b>24</b> Ratatouille lasagna Garlic bread Assorted veggies Fruit Juice/Milk	<b>25</b> Teriyaki chicken with lo mein noodles Assorted veggies Fruit Juice/Milk	<b>26</b> Ranch pork chops Creamy quinoa Assorted veggies Fruit Juice/Milk	<b>27</b> Meat and cheese calzone Assorted veggies Fruit Juice/Milk	<b>28</b> Black bean chicken taquitos Garlic rice Assorted veggies Fruit Juice/Milk
<b>29</b> Turkey burger on a pretzel bun Sweet potato fries Assorted veggie Fruit Juice/Milk	<b>30</b> Pumpkin gnocchi with pork Assorted veggies Fruit Juice/Milk	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>