

Bixby School

Lunch Menu

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Beef and Turkey Chili B/T Note:Vegetarian Option Available None Roasted Vegetables V Fresh Fruit V Cornbread E/D/V	3 chicken & Apple sausage C/GF Cous Cous G Glazed Maple Carrots D Fresh Fruit V	4 B.L.T on whole Grain G/P Note:Vegetarian Option Available None Sweet Potato Fries V Fresh Fruit V	5 Vegetarian Lasagne D/G/V Caesar Salad G/D Green Salad Available Fresh Fruit V	6 Beef Taco Pasta B/G/D Refried Beans P Corn with Lime and Cilantro V Fresh Fruit V	7
8	9 Chicken Lentil Soup C Baguette D/G/E Apple Slices V Tossed Chopped Salad with bacon ,cheese ,croutons & apples (vegetarian available)	10 Meatball Slider B/D/G/S Three Bean Salad V Tossed Strawberry Salad V	11 French Toast E/G/D Turkey Bacon T Scrambled Eggs E/D/V Fresh Fruit V	12 Chicken Caesar Wrap C/D/G Note:Vegetarian Option Available None Apple Chips V Potato Salad D/E/V	13 Udon Noodle Toss V/G Fresh Fruit V	14
15	16 Grilled Cheese w/Tomato Soup D/G/V Tossed Chopped Salad with bacon ,cheese ,croutons & apples (vegetarian available) Fresh Fruit V	17 Pork Carnitas Tacos P Spanish Rice V Black Beans V Fresh Fruit V	18 BBQ Chicken Legs C Macaroni Salad G/D/E/V Fresh Fruit V Zucchini Chips G/E/V	19 Turkey Sloppy Joes T/G Note:GlutenFree Option Available None Roasted Vegetables V Fresh Fruit V	20 Beef Stroganoff on Egg Noodles B/D/E/G Roasted Broccoli V Fresh Fruit V	21
22	23 Breaded Fish Fillets F/G French Fries V Roasted Vegetables V Fresh Fruit V	24 Orange Chicken C/S Jasmine Rice V Vegetarian Spring Rolls G/E	25 Beef Barley Soup B/G/ Veggie Pinwheels D/G/V Fresh Fruit V	26 Ground Turkey Tacos T/D Black Beans V Yellow Rice V Fresh Fruit V	27 Veggie Breakfast Burritos V/G/E/D Roasted Potatoes V Fresh Fruit V	28
29	30 Teriyaki Chicken Bowl C/S Jasmine Rice V Steamed Veggies V Fresh Fruit V	31 Halloween Pasta w/ tomato sauce G/V Italian Green Beans V Italian Chopped Salad V Breadstick G Fresh Fruit V				

B=Beef, C=Chicken, D=Dairy, E=Egg, G=Gluten, P=Pork, S=Soy, SH=Shellfish, T=Turkey, V=Vegetarian

Parents on days there is Gluten in our meals feel free to bring your child GF pasta and breads.

Also, on days where there is not a vegetarian protein option, please feel free to bring your child a protein.

