



OCTOBER 2011 LUNCH MENU

Available Every Day

School Food Salad Bar with Produce, Fresh Fruit & Cold Sandwiches, Assorted White Milk

Sunday	Mediterranean Monday	Trayless Tuesday	Latin Wednesday	Chicken Thursday	Pizza Friday	Saturday
	3 Chicken Cacciatore Whole Grain Pasta with Olive Oil and Garlic Roasted Broccoli SchoolFood Salad Bar Assorted White Milk	4 Deli Bar Healthy Potato Salad SchoolFood Salad Bar Assorted White Milk	5 Black Bean & Cheddar Cheese Quesadillas Roasted Confetti Corn Pico de Gallo SchoolFood Salad Bar Assorted White Milk	6 Chicken Sabroso Spanish Rice Black Bean and Corn Salad SchoolFood Salad Bar Assorted White Milk	7 Flat Bread Pizza with Homemade Tomato Sauce Assorted Roasted Vegetable Toppings SchoolFood Green Salad SchoolFood Salad Bar Assorted White Milk	8
9	10 Cheesy Lasagna Roll-up with Tomato Basil Sauce Zucchini, Corn and Basil Stew SchoolFood Salad Bar Assorted White Milk	11 Deli Bar Roasted Broccoli SchoolFood Salad Bar Assorted White Milk	12 Burrito Bar Southwest Style Sofrito Brown Rice OR Wrap Roasted Confetti Corn Pico de Gallo SchoolFood Salad Bar Assorted White Milk	13 Asian Roasted Chicken Vegetable Fried Rice Broccoli with Roasted Garlic SchoolFood Salad Bar Assorted White Milk	14 Flat Bread Pizza with Homemade Tomato Sauce Assorted Roasted Vegetable Toppings SchoolFood Green Salad SchoolFood Salad Bar Assorted White Milk	15
16	17 Baked Basil and Garlic Chicken Whole Grain Pasta with Vegetable Tomato Sauce Steamed OR Roasted Broccoli SchoolFood Salad Bar Assorted White Milk	18 Deli Bar Healthy Cole Slaw SchoolFood Salad Bar Assorted White Milk	19 Chili Baked! Tostitos® Scoops!® Confetti Corn Salad Pico de Gallo SchoolFood Salad Bar Assorted White Milk	20 BBQ Roasted Chicken Jasmine Rose Rice Braised Collards OR Rosemary Red Potatoes SchoolFood Salad Bar Assorted White Milk	21 Flat Bread Pizza with Homemade Tomato Sauce Assorted Roasted Vegetable Toppings SchoolFood Green Salad SchoolFood Salad Bar Assorted White Milk	22
23	24 Pesto Pasta with Chickpeas Whole Grain Pasta Steamed OR Roasted Broccoli SchoolFood Salad Bar Assorted White Milk	25 Deli Bar Healthy Potato Salad SchoolFood Salad Bar Assorted White Milk	26 Burrito Bar Southwest Style Sofrito Brown Rice OR Wrap Roasted Confetti Corn Pico de Gallo SchoolFood Salad Bar Assorted White Milk	27 Mediterranean Chicken Spanish Rice Roasted Cauliflower and Green Beans SchoolFood Salad Bar Assorted White Milk	28 Flat Bread Pizza with Homemade Tomato Sauce Assorted Roasted Vegetable Toppings and Green Beans SchoolFood Green Salad SchoolFood Salad Bar Assorted White Milk	29
30	31 Chicken Cacciatore Whole Grain Pasta with Olive Oil and Garlic Roasted Broccoli SchoolFood Salad Bar Assorted White Milk					



October 2011 Menu Options for the WITS Program Schools

Mondays: No substitution necessary

Tuesdays: Bread options may vary according to preferences of the school community. “Chopped Salad” wraps may be approved after review of recipe.

Wednesdays: Seasoned Beans with Rice, Mexicali Beans and Rice, Bean Quesadillas (must include ½ cup cooked beans for protein contribution), plantains

Thursdays: Hot Lo Mein, Curried Rice

Friday Pizza Choice: NYC Slice, Pizza Bagel and French bread

Rice - “bread” options: Harvest Blend, Jasmine Rose Rice, brown rice, taco boats and all available sandwich bread varieties

NOTE: Always maintain “offer versus serve” by ensuring the proper meal pattern.