

OCTOBER 2019

Orcas Christian School

Monday

Tuesday

Wednesday

Thursday

Friday

Swiss Chard Frittata **1**
 Carrot & Quinoa muffins
 Fresh green salad
 Fruit
 Skim or 1% milk

Cheesy Kale Bake **2**
 Cottage Cheese
 Fresh green salad
 Fruit
 Skim or 1% milk

Haystacks **3**
 W/all the fixings
 Veggie Medley
 Fruit
 Skim or 1% milk

Pizza! **4**
 Cottage Cheese
 Fresh green salad
 Fruit
 Skim or 1% milk

Curried Vegetable Soup **7**
 Diner Roll
 Fresh green salad
 Fruit
 Skim or 1% milk

Pumpkin pancakes **8**
 Scrambled eggs
 Veggie Medley
 Fruit
 Skim or 1% milk

Three sister's soup **9**
 Cottage cheese
 Corn bread
 Fresh green salad
 Fruit
 Skim or 1% milk

Chickpeas & Pasta **10**
 String Cheese
 Fresh green salad
 Fruit
 Skim or 1% milk

Tomato Soup **11**
 Grilled Cheese sandwiches
 Fresh green salad
 Fruit
 Skim or 1% milk

Haystacks **14**
 W/all the fixings
 Veggie Medley
 Fruit
 Skim or 1% milk

Sloppy lentil joes **15**
 On a whole grain bun
 Coleslaw
 Veggie Medley
 Fruit
 Skim or 1% milk

Garlic Tofu **16**
 Brown Rice
 Roasted Cauliflower w/tumeric
 Gingered cabbage salad
 Fruit
 Skim or 1% milk

Yumm Bowls **17**
 (Brown rice or quinoa)
 Fresh green salad
 Fruit
 Skim or 1% milk

Mrs Sallys Mac n Cheese **18**
 Roasted beets
 Fresh green salad
 Fruit
 Skim or 1% milk

Spaghetti w/Marinara **21**
 Cottage Cheese
 Fresh green salad
 Fruit
 Skim or 1% milk

Broccoli, cheese & rice Casserole **22**
 Cottage Cheese
 Dinner roll
 Fresh green salad
 Fruit
 Skim or 1% milk

Chana Masala **23**
 Brown Rice
 Fresh green salad
 Mango Lassi smoothie
 Skim or 1% milk

Braised greens & beans **24**
 Rice Linguini w/garlic cream sauce
 Fresh green salad
 Fruit
 Skim or 1% milk

Haystacks **25**
 W/all the fixings
 Veggie Medley
 Fruit
 Skim or 1% milk

Tomato Soup **28**
 Grilled Cheese Sandwiches
 Fresh green salad
 Fruit
 Skim or 1% milk

Swiss Chard Frittata **29**
 Roasted root vegetable hash
 Dinner Roll
 Fresh green salad
 Fruit
 Skim or 1% milk

30
 No School
 Student led conferences

Pumpkin Soup **31**
 White bean Hummus on crostini
 Fresh green salad
 Fruit
 Skim or 1% milk



Menu is subject to change given availability of food items.
 This institution is an equal opportunity provider.