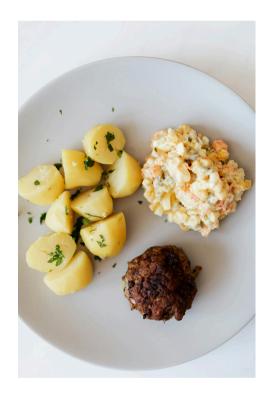
Sample School October 2024 Menu

STUDENT:			
TOTAL MEAL	<u>.:</u>		



- Beef
- Chicken
- Pork / Sausage
- Vegetables
- Tofu

THE PREMIER PROMISE
Prepared Daily—no frozen foods, no MSG, and no preservatives
Naturally raised chicken and grass-fed beef, produced without artificial hormones or regular antibiotics.
Sourced from local and trusted partners for fruits and veggies

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		30////////////	1	2	3	4
WEEK 1	A		A Korean Beef Bulgogi with Rice	A Korean Beef Bulgogi with Rice	A Korean Beef Bulgogi with Rice	A Korean Beef Bulgogi with Rice
	В		B Thai Chicken Fried Rice	B Thai Chicken Fried Rice	B Thai Chicken Fried Rice	B Thai Chicken Fried Rice
	С	National Day for Truth and Reconciliation	Pork with Mushroom Sauce on Rice	Beef Marinara Pasta	Teriyaki Chicken with Rice	Classic Alfredo Pork Pasta
	D		D1 California Roll D2 Cucumber Roll	Meatball with Mash Potato	D Chicken Yaki Noodles	Cheese Quesadilla with Hash Browns
	Ε		E Creamy Mushroom Pasta	Vegetarian E Marinara Pasta	E Teriyaki Tofu with Rice	Vegetarian E Crumbs in Alfredo with Pasta
		(1/11/11/			40	
	A	Korean Beef Bulgogi with Rice	Korean Beef Bulgogi with Rice	Korean Beef Bulgogi with Rice	A Korean Beef Bulgogi with Rice	A Korean Beef Bulgogi with Rice
2	В	B Thai Chicken Fried Rice	B Thai Chicken Fried Rice	B Thai Chicken Fried Rice	B Thai Chicken Fried Rice	B Thai Chicken Fried Rice
WEEK 2	С	Stir Fry Beef & Potato with Rice	Chicken Ala King Pasta	BBQ Pork with Rice	Baked Chicken Pasta	Honey Garlic Pork with Rice
	D	Spring Rolls with Vermicelli Salad	D1 California Roll D2 Cucumber Roll	Chicken in Puff Pastry with Butter Corn	Chicken Fried Rice	Corn Dog with Fries
	Ε	Stir Fry Potato with Rice	Vegetarian Crumbs in Ala King with Pasta	Tofu in E BBQ Sauce with Rice	Mushroom with Creamy Sauce Pasta	Honey Garlic Tofu with Rice
		14///////////	15	16	17	18
WEEK 3	A		Chicken Noodle Soup with Tuna Sandwich	Chicken Noodle A Soup with Tuna Sandwich	Chicken Noodle A Soup with Tuna Sandwich	Chicken Noodle A Soup with Tuna Sandwich
	В		B Taiwan Braised Pork Rice	Taiwan Braised Pork Rice	Taiwan Braised Pork Rice	B Taiwan Braised Pork Rice
	С	Thanksgiving Day	Sausage Mac & Cheese	Beef & Vegetable in Brown Sauce with Rice	Stir Fry Chicken Noodles	Pork with Creamy Corn Sauce on Rice
	D		D1 California Roll	Chicken Nugget with Pasta Salad	D Salted Chicken with Infused Rice	Grilled Pork Strips Rice
			D2 Cucumber Roll	V		Tafa with Occasion
	Е		E Vegetarian Mac & Cheese	Veggie in Brown Sauce with Rice	E Stir Fry Noodle	Tofu with Creamy Corn Sauce on Rice
		21	22 Chicken Noodle	23	24	25/////////////////////////////////////
	A	Chicken Noodle A Soup with Tuna Sandwich	A Soup with Tuna Sandwich	Chicken Noodle A Soup with Tuna Sandwich	Chicken Noodle Soup with Tuna Sandwich	
	В	B Taiwan Braised Pork Rice	B Taiwan Braised Pork Rice	B Taiwan Braised Pork Rice	B Taiwan Braised Pork Rice	
WEEK 4	С	Pork Carnitas Pasta	Japanese Curry Chicken with Rice	C Italian Tomato Beef Pasta	Sweet & Sour Pork with Rice	Pro-D Day
	D	Chicken Nuggets with Fries	D1 California Roll D2 Cucumber Roll	Chicken Strips with Salad	Dumplings with Veggies	
			DZ Cucumber Kott		Sweet & Sour	
	Е	Vegetarian Carnitas Pasta	E Curry Tofu with Rice	Italian Tomato Pasta	E Mushroom with Rice	
		28	29	30	31	MAMANAN
	A	A Beef Chili with Dinner Roll	Beef Chili with Dinner Roll	Beef Chili with A Dinner Roll	A Beef Chili with Dinner Roll	
ro	В	B Sesame Chicken on Rice	B Sesame Chicken on Rice	B Sesame Chicken on Rice	B Sesame Chicken on Rice	
WEEK	С	B Malaysian Style Pork with Rice	C Beef Taco Pasta	Chicken with Coconut Sauce on Rice	Dynamite Beef Lasagna	
	D	Chicken Fries with Coleslaw	D1 California Roll D2 Cucumber Roll	Pork Yaki Noodles	Popcorn Chicken with Salad	
		Malaysian Style	E Vegetarian Taco	Mushroom in	Veggie Lasagna	14//////