

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	October 20, 2025	October 21, 2025	October 22, 2025	October 23, 2025	10/24/2025 No 6&8
Soup	Vegetable Quinoa Lentil (MWOG)	French Onion Soup (V)(MWOG)	Potato Chowder (V)(MWOG)	Tomato Bisque (V) (MWOG)	Grass fed Beef & Barley
Global adventures	Cage Free Butter Chicken, Basmati Rice (MWOG)	Penne Pasta & Pesto Sauce (V)	Crispy Chicken Tenders	Grass fed Bee Sliders	SD Home Made assorted PIZZA
Side	Roasted Cauliflower (VG)	Marinara Sauce (VG)	Mashed Potatoes & Gravy (V)	Home Made Potatoe Wedges (MWOG)	SD Home Made Cheese PIZZA (V)
Vegetable	Fresh Fruit (V)	Fall Vegetables (VG)	Peas & Carrots (VG)	Corn on the cob (VG)	Cabbage & Carrots (VG)
Fresh Fruit	Ham Sandwiches	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (VG)	Fresh Fruit (V)
Deli Counter	SD Salad Bar (V)	Chicken Sandwiches	Cage Free Egg Salad Sandwiches (V)	Turkey Sandwiches	Roasted Turkey Sandwiches
Eat Your Greens!	Bang Bang Sweet Potatoes (MWOG)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)
Live Well (Veggie Menu)	Black Beans & Rice Crispy Taco (MWOG)	Buffalo Cauliflower (VG)	Veggie Pad Thai (VG)	Butternut & Black Bean Taco (MWOG)	Vegetarian Lasagna (MWOG)
Vegan Bar (Menu)	Crunchy Asian Ramen Salad (MWOG)	Gluten Free Pasta & Marinara (MWOG)	Quinoa Pilaf MTO (MWOG)	Vegetable Curry with Brown Rice (MWOG)	Broccoli & Tofu Stir Fry MTO (MWOG)
Buddha Bowl	Bibimbap Salad (MWOG)		Jamaican Jerk (MWOG)	Roasted Saffron Cauliflower (MWOG)	Tostada Bowl (MWOG)
Week 2	October 27, 2024	October 28, 2024	October 29, 2024	October 30, 2024	10/31/2024 Halloween
Soup	Tortilla Soup (V)(MWOG)	Healthy Kale & Quinoa Soup (VG)	Tofu Miso Soup (VG)	C F Chicken Noodles (MWOG)	Egg & Corn Soup (V)(MWOG)
Global adventures	Cage Free Chicken, Cheese Quesadillas	Spaghetti & Meatballs	Cage Free Fried Chicken	All Beef Hot Dogs	Draculas Sweet & Sour Chicken
Side	Cilantro Rice & Refried Beans (VG)	Garlic Bread & Parmesan Cheese (V)	Mashed Potatoe, Cole slow (V)	SD Homemade Fries (VG)	Ghoulis Fried Rice, Monsters Ears
Vegetable	Fall Vegetables (V)	Organic Beet & Organic Carrots (V)	Sautéed Cabbage (V)	Steam Corn on The Cob (V)	Witches Fingers Green Beans (V)
Fresh Fruit	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)
Deli Counter	Turkey Sandwiches	Chicken Sandwiches	Ham Sandwiches	Roasted Turkey Sandwiches	Roasted Turkey Sandwiches
Eat Your Greens!	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)
Live Well (Veggie Menu)	Kale Quiche (V)	Pizza Bites (V)	Chile Reyenos Baked	Mushroom Tetrazzini Organic Brown rice	Sweet Potatoes & Corn Enchiladas (MWOG)
Vegan Bar (Menu)	Butternut Squash, Black Bean Tacos (VG)	Gluten Free Pasta & Pesto, Marinara (V)	Organic Brown Fried Rice Bar MTO	Garlic Sesame Noodles & Tofu (VG)	Frankenstein Avocado Toast (MWOG)
Buddha Bowl	Pomegranate Salad (MWOG)	7 Dip Layer Bowl (MWOG)	Poke bowl Tuna Salad (MWOG)	Spring Fusion Gyoza (MWOG)	Dragon Bowl & Prawns (MWOG)
Week 3	11/3/2025 no Low & Middle	November 4, 2025	November 5, 2025	November 6, 2025	November 7, 2025
Soup	Green Chicken Pozole (MWOG)	Alphabet Soup (V)	Wonton Soup	Tortellini Soup (V)	Organic Roasted Tomato (V)
Global adventures	Grilled Steak Burritos	Penne & Marinara ,Bolognese Sauce	Grilled Rosemary Lemon Chicken	Nacho Bar & Beef Steak, Cheese	SD Home Made assorted PIZZA
Side	Spanish Rice, Beans (VG)	Garlic Bread & Parmesan Cheese	Mashed Potatoes (V)	Cilantro & Lime Rice & Black Beans (VG)	SD Home Made Cheese PIZZA (V)
Vegetable	Roasted Cauliflower (V)	Broccoli & Carrots (VG)	Crispy Polenta Cakes (VG)	Fresh Grilled Corn (V)	Fresh Grilled Corn (V)
Fresh Fruit	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)
Deli Counter	Turkey Sandwiches	Chicken Sandwiches	Ham Sandwiches	Roasted Turkey Sandwiches	Tuna Salad Sandwiches (V)
Eat Your Greens!	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)
Live Well (Veggie Menu)	Carrot Tart & Ricotta (V)	Kung Pao Broccoli, Tofu (MWOG)	Veggie Wraps MTO (MWOG)	Vegetarian Empanadas (VG)	Egg Plant Curry & Corn Bread (V)
Vegan Bar (Menu)	Spicy Mango & Chili Lime (MWOG)	Gluten Free Pasta, Pesto & Marinara (MWOG)	Quinoa & Fennel Sauté (VG)	Grilled Portobello & Chimichurri (MWOG)	Fried Plantain (MWOG)
Buddha Bowl	Poky Bowl & Lime Dressing (MWOG)	Spaghetti Squash (MWOG)	Quinoa Burrito (MWOG)	Chop Salad (MWOG)	Waffle Tofu & Grilled Pineapple (MWOG)
Week 4	November 10, 2024	November 11, 2024	November 12, 2024	11/13/2024 No Low School	11/14/2024 No Low School
Soup	Wild Mushroom & Rice Soup (V)	Diestel Turkey & Rice	Gnocchi Soup (V)	Italian Wedding Soup	Broccoli & Cheddar (V)(MWOG)
Global adventures	Pork Carnitas Tacos	Cheese Tortellini with Alfredo Sauce	Crispy Chicken Drum Sticks	Tempura Fish Sticks & Grilled Fish	SD Home Made Assorted PIZZA
Side	Lime Rice Black Beans (VG)	House Made Garlic Bread (V)	Mashed Potatoes & Gravy (V)	Home made Fries (VG)	SD Home Made Cheese PIZZA (V)
Vegetable	Roasted Cauliflower (VG)	Grilled Fall Vegetables (V)	Steam Broccoli (VG)	Grilled Corn and Peas (V)	Roasted Squash (V)
Fresh Fruit	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)
Deli Counter	Turkey Sandwiches	Chicken Sandwiches	Ham Sandwiches	Roast Beef Sandwiches	Roasted Turkey Sandwiches
Eat Your Greens!	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)
Live Well (Veggie Menu)	Nacho Bar MTO (MWOG)	Home Made Country Frittata (V)	Hummus Over Pita Bread (V)	Mushrooms Asparagus & Feta Packets (V)	Ice Cream Bar MTO (V)
Vegan Bar (Menu)	Sweet Potatoes Stew & Basmati Rice (V)	Gluten Free Pasta & Pesto or Marinara (VG)	Vegetarian Sushi (VG)	Sun-Dried Tomato, Basil Balsamic Bucatini (V)	Chickpea, Veggie & Coconut Curry (V)
Buddha Bowl	Turmeric Chickpeas (MWOG)	Burrito Bowl (MWOG)	Mediterranean Salad (MWOG)	Forbidden Rice (MWOG)	Spicy Chipotle Cauliflower (MWOG)
Week 5	November 17, 2024	November 18, 2024	November 19, 2024	November 20, 2024	11/21/2024 No School
Soup	Vegan Chili (V) (MWOG)	Chicken & Corn Vermecilli	Vegetables (VG)	Potato Leek Chowder Soup (MWOG)	
Global adventures	HM Cheese & Chicken Flautas	Penne Pasta & Cheese, Marinara Sauce	Grilled Teriyaki Chicken	Distel Turkey, Gravy	
Side	Arroz Blanco & Refried Beans (VG)	House Made Garlic Bread	Vegetarian Egg Rolls (V)	Yukon Mashed Potatoes (VG)	
Vegetable	Carrots & Corn (VG)	Carrots & Butternut Squash (VG)	Sticky Rice (VG)	Mix Vegetables, Stuffing	
Fresh Fruit	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	
Deli Counter	Turkey Sandwiches	Chicken Sandwiches	Ham Sandwiches	Cage Free Egg Salad Sandwiches (V)	
Eat Your Greens!	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	
Live Well (Veggie Menu)	California Veggie Sandwiches Bites (V)	Spinach & Ricotta Cheese Cannelloni (V)	Organic Brown Fried Rice MTO (VG)	Mushroom Bruschetta	
Vegan Bar (Menu)	Mango Smoothies (VG)	Gluten Free Pasta & Marinara (VG)	Spring Rolls (VG)	Vegetable Pad Thai & Organic Rice (VG)	
Buddha Bowl	Vietnamese (MWOG)	Taiwan Bowl (MWOG)	Portugal Bowl (MWOG)	Caprice Salad Bowl (MWOG)	

Dietary restrictions labels - Fresh, natural, prepared-from-scratch meals served with local, seasonal produce, organic meats, and natural ingredients. Salad Bar every day!