

Artificial  
Ingredients,  
Additives,  
Preservatives

High-Fructose  
Corn Syrup

Fried Foods  
Mystery Meats

ALWAYS fresh  
NEVER frozen

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4-Star School  
Lunch Provider!

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| 2<br>Pasta w. Marinara<br>Or Baked Chicken<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint   | 3<br>Popcorn Chicken<br>w. Rice<br>or Turkey Sub<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint                                  | 4<br>Turkey Taco<br>Or Grilled Hot Dog<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint<br><br><b>National Taco Day!</b>                                 | 5<br>BBQ Chicken<br>w. Rice<br>or Spicy Chicken<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint          | 6<br>No School<br>Non-Attendance Day  |
| 9<br>No School<br>Columbus Day   | 10<br>Baked Chicken<br>Nuggets<br>Or Turkey Sub<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint                                   | 11<br>Homemade<br>Sausage Focaccia<br>Pizza<br>Or Grilled Hot Dog<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint<br><b>National Sausage Pizza Day!</b> | 12<br>MmmBurger w.<br>Cheese<br>Or Spicy Chicken<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint         | 13<br>Homemade Cheese<br>or Pepperoni Pizza<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint |
| 16<br>Baked Chicken<br>Tenders<br>Or Nachos<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint  | 17<br>4 Star Mac and<br>Cheese<br>Or Turkey Sub<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint<br><br><b>National Pasta Day!</b> | 18<br>Personal Pan<br>Cheese Pizza<br>Or Grilled Hot Dog<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint  | 19<br>No School<br>Non-Attendance Day  | 20<br>No School<br>Non-Attendance Day   |
| 23<br>Chicken Patty<br>Sandwich<br>Or Nachos<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint | 24<br>Turkey Sub<br>Sandwich<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint  | 25<br>Grilled Hot Dog<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint   | 26<br>Baked Chicken<br>w. Brown Rice<br>or Spicy Chicken<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint | 27<br>Homemade Cheese<br>or Pepperoni Pizza<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint |
| 30<br>Baked Chicken<br>Nuggets<br>Or Nachos<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint  | 31<br>Olif Cheese<br>Nachos<br>Or Turkey Sub<br>Steamed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint<br><br><b>Halloween Treat!</b>       | <u>Fun Fact:</u><br>Pumpkin is loaded with an important antioxidant, beta-carotene.   | And...<br>Beta-carotene is one of the plant carotenoids converted to vitamin A in the body.                                  | <br><b>Happy Halloween!</b>   |

**Daily Lunch Choices:**

- Hot Daily Special
- Chicken Sandwich
- Signature Cheese Calzone
- Chef's Weekly Specialty
- Salads
- Subs

**Ala Carte Items Include:**

- 6 oz 100% Fruit Juice
- Bottled Water
- Freshly Baked Cookies
- Chips
- Fruit Snacks

Student must choose a FRUIT and/ or a VEG + 2 additional components to make a complete meal

Fat Free Chocolate and 1% White Hormone-Free Milk Available

Check Out October's National Food Holidays!



It's time to get your GREEN on!

questions? comments? brilliant ideas? we want to hear from you. email us at [accounts@organiclifeonline.com](mailto:accounts@organiclifeonline.com)

ORGANIC LIFE MAY SUBSTITUTE PROTEIN, FRUIT AND/OR VEGETABLE BASED ON SEASONALITY AVAILABILITY.

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