



TMS October 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Mandelstam Pizza Day
4 Gluten Free Chicken Tenders Tater tots Fresh Fruit	5 Cheese Ravioli With Pomodoro (Sauce On The Side) Garlic Bread MIni Brownie	6 Organic Chicken Teriyaki White Rice Sauté Vegetables Chocolate Pudding	7 Wild Caught Baked Fish Sticks W/ Tartar Sauce Spinach And Kale Whole Grain Chips Organic Yogurt	8 Mandelstam Pizza Day
11 Organic Chicken Quesadilla Pico De Gallo Chips Jell-O	12 Lean Grass Fed Ground Beef Rice And Beans Corn Sugar cookie	13 Breakfast For Lunch Turkey Bacon Waffles Organic Yogurt Fresh Fruit	14 Penne Bolognese Garlic Bread Chocolate Pudding	15 Mandelstam Pizza Day
18 Grass Fed Beef Burger (Hidden Vegetables) Lettuce And Tomato Homemade Potato Chips Fresh Fruit	19 Mac & Cheese Garlic Bread Organic Yogurt	20 Beef Tacos Pico De Gallo Romaine Lettuce Shredded Cheese Sour Cream Mini Brownie	21 Chopped Grilled Chicken Breast White Rice Black Beans Apple Sauce	22 No School



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25 Nitrate Free Beef Hot Dog Homemade Potato Chips Chocolate Pudding	26 Cheese Tortellini With Alfredo Sauce (Sauce On The Side) Steamed Broccoli Sugar Cookie	27 Organic Chicken Teriyaki White Rice Sauté Vegetables Jell-O	28 Breakfast For Lunch Turkey Bacon Waffles Organic Yogurt Fresh Fruit	29 Mandelstam Pizza Day
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Veggie Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Mandelstam Pizza Day
4 Falafel Tater Tots House Salad Fresh Fruit	5 Cheese Ravioli With Pomodoro (Sauce On The Side) Garlic Bread Mini Brownie	6 Grilled Tofu Teriyaki White Rice Sauté Vegetables Chocolate Pudding	7 Veggie Wrap With Chick Peas Spinach And Kale Whole Grain Chips Organic Yogurt	8 Mandelstam Pizza Day
11 Cheese Quesadilla Pico De Gallo Chips Jell-O	12 Black Beans White Rice Corn Sugar cookie	13 Breakfast For Lunch Boiled Egg Waffles Organic Yogurt Fresh Fruit	14 Penne Pomodoro Garlic Bread Chocolate Pudding	15 Mandelstam Pizza Day
18 Veggie Burger (Hidden Vegetables) Lettuce And Tomato Homemade Potato Chips Fresh Fruit	19 Mac & Cheese Garlic Bread Organic Yogurt	20 Beans Tacos Pico De Gallo Romaine Lettuce Shredded Cheese Sour Cream Mini Brownie	21 Black Beans White Rice Diced Tomatoes Apple Sauce	22 No School



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25 Veggie Pattie Tater Tots Caesar Salad Chocolate Pudding	26 Cheese Tortellini With Alfredo Sauce (Sauce On The Side) Steamed Broccoli Sugar Cookie	27 Lentils White Rice Sauté Vegetables Jell-O	28 Breakfast For Lunch Boiled Egg Waffles Organic Yogurt Fresh Fruit	29 Mandelstam Pizza Day
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