










1st to 12th GRADE
OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
SEPTEMBER 30 NO SCHOOL <i>Happy Rosh Hashanah</i> 	OCTOBER 1 NO SCHOOL <i>Happy Rosh Hashanah</i> 	OCTOBER 2 NOON DISMISSAL	OCTOBER 3 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges White Bean soup Mushroom soup	OCTOBER 4 Mac and Cheese OR Tuna Sub Steam brocolini Orange Wedges Carrot Soup Lentil soup
OCTOBER 7 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	OCTOBER 8 NO SCHOOL 	OCTOBER 9 NO SCHOOL 	OCTOBER 10 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges White Bean soup Mushroom soup	OCTOBER 11 Spiral Pasta Alfredo OR Tuna Sub Caesar Salad Peas & Carrots Peach slices Carrot Soup Lentil soup
OCTOBER 14 NO SCHOOL 	OCTOBER 15 NO SCHOOL 	OCTOBER 16 NO SCHOOL 	OCTOBER 17 NO SCHOOL 	OCTOBER 18 NO SCHOOL 
OCTOBER 21 NO SCHOOL 	OCTOBER 22 NO SCHOOL 	OCTOBER 23 NO SCHOOL ISRU CHAG 	OCTOBER 24 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges White Bean soup Mushroom soup	OCTOBER 25 Elbow pink sauce or Tuna Sub Steamed broccoli Whole wheat roll Pear slices Carrot Soup Lentil soup
OCTOBER 28 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit	OCTOBER 29 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges	OCTOBER 30 Arroz con pollo Sweet potatoes fries Turkey sub Green Beans Pineapple Chunks	OCTOBER 31 Spiral Pasta Alfredo OR Tuna Sub Caesar Salad Peas & Carrots Peach slices White Bean soup Mushroom soup	

Note: All pasta and couscous will be whole grain and protein enriched.

Salad bar: Romaine lettuce, spinach, edamame, couscous, quinoa, pasta salad, chick peas, carrots, green peppers, tomatoes, cucumber, onions, black olives, sweet corn, pickles, tuna, egg hard boiled. Spa water everyday.