























October

2015-16

Lunch @ **BROOKSIDE** | \$4

Each meal is served with vegetables, fresh fruit, and a choice of fat free or 1% milk

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			EARLY DISMISSAL ↓	1 <i>Italian</i> Vegetable Lasagna Garlic Bread Roll Fresh Veggies w/ Dip	2  <i>Mexican</i> Burrito: Chicken OR Bean Chips & Salsa Garden Salad	3 
4 	5 <i>Pizza</i> Thin Crust Pizza Caesar Salad	6   <i>Mexican</i> Tacos: Chicken OR Bean Corn on a Cob Garden Salad	7  <i>Italian</i> Spaghetti Marinara & Veggie Meatballs Roasted Carrots NEW!	8   <i>Chinese</i> House Chicken OR Tofu Vegetable Chow Mein Asian Salad NEW!	9 <i>All American</i> Grilled Cheese Sandwich Fresh Veggies w/ Dip	10 
11 	12 <i>Pizza</i> French Bread Pizza Caesar Salad	13 NEW! <i>Mexican</i> Bean & Cheese Quesadilla Chips & Salsa Garden Salad	14  <i>Japanese Bento</i> Vegetable Sushi Rolls Edamame Pods Cucumber Salad NEW!	15 NEW! <i>Italian</i> Stuffed Pasta Shells Garlic Bread Roll Fresh Veggies w/ Dip	16 WORLD FOOD DAY <i>All American</i> Mac 'N Cheese House Made Crispy Chicken OR Tofu Strips Cauli-Mashed Potatoes  NEW!	17 Join us for delicious FREE samples at lunch!
18 	19 <i>Pizza</i> Thin Crust Pizza Caesar Salad	20   <i>Mexican</i> Tacos: Chicken OR Bean Corn on a Cob Garden Salad	21  <i>Italian</i> Spaghetti Marinara & Veggie Meatballs Roasted Carrots	22   <i>Chinese</i> House Chicken OR Tofu Vegetable Chow Mein Asian Salad	23 <i>All American</i> Grilled Cheese Sandwich Fresh Veggies w/ Dip	24 
25 	26 <i>No School</i>	27 <i>Mexican</i> Bean & Cheese Quesadilla Chips & Salsa Garden Salad	28  <i>Japanese Bento</i> Vegetable Sushi Rolls Edamame Pods Cucumber Salad	29 <i>Parent Conferences</i> Lunch will not be served	30 <i>Parent Conferences</i> Lunch will not be served	31  Happy Halloween!



Disclaimer: We are not a gluten-free kitchen and cannot guarantee that any item is completely free of allergens. Please contact the Student Nutrition Department at (818) 735-3203 for further information about gluten-free choices.



Entrée made w/ free range, antibiotic free chicken



Entrée available w/o dairy ingredients. Please ask.



All menu items are made without peanuts or tree nuts.



Menu items are prepared without meat ingredients unless otherwise specified

Menu is subject to change without notice