

October 2025

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1 Mediterranean Turkey Meatballs Pearl Couscous Cauliflower Tangy Lemon Sauce	2 Pulled Braised Beef Egg Noodles Asparagus Trio	3 Teriyaki Chicken Steamed Rice Asian Stir Fried Veggies
6 Beef Tagliarini with hidden mushrooms, tomato & onion Carrot Disks Sweet Corn	7 Pulled Cilantro Lime Chicken Yellow Rice Mexican Squash	8 Gemelli with Ricotta Cacio (no pepe) Braised White Beans with Tomato & Basil Broccoli	9 Turkey Burger with Tomato Glaze Brioche Bun Cheesy Cauliflower	10 Chicken Souvlaki Lemon Garlic Potatoes Peas
13 No School	14 Chicken Cutlet Strips Creamy Smashed Potatoes Ratatouille	15 Toasted Cheddar Sandwich Creamy Tomato Soup Broccoli	16 Pulled Beef Taco Yellow Rice Carrot Disks	17 Swedish Meatballs Egg Noodles Peas
20 Arroz con Pollo Mexican Green Beans Seasoned Black Beans	21 Carrot Mac & Cheese Broccoli Cannellini Beans with Tomato Basil	22 Roasted Chicken with Thyme and Porcini Potatoes with Parsley Sauce Carrot Disks	23 Beef Ricotta Meatballs with marinara Orzo Peas	24 Cheesy Pizza Bites Corn Broccoli
27 No School	28 Thai Curry Chicken Steamed Rice Baby Pepper Rings Edamame & Carrots	29 Turkey Meatballs Orzo with Broccoli & Garlic Cornbread Caramelized Onion BBQ Dip	30 Beef Sliders with Tomato Glaze Brioche Roll Cheesy Cauliflower	31 Parmesan Chicken Strips Creamy Smashed Potatoes Peas

Our menu incorporates organic and local ingredients. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Ilina Salmon as well as other local producers.

Menu Items are subject to change based on availability

October 2025

Vegetarian Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
		Mediterranean Mushroom Meatballs Pearl Couscous Cauliflower Tangy Lemon Sauce	Shredded BBQ Seitan Egg Noodles Asparagus Trio	Teriyaki Tofu Steamed Rice Asian Stir Fried Veggies
6	7	8	9	10
Seitan Tagliarini with mushrooms, tomato & onion Carrot Disks Sweet Corn	Seasoned Pinto Beans Yellow Rice Mexican Squash	Gemelli with Ricotta Cacio (no pepe) Braised White Beans with Tomato & Basil Broccoli	Black Bean Burger with Tomato Glaze Brioche Bun Cheesy Cauliflower Raspberry Smoothie	Halloumi & Chickpeas with Lemon & Oregano Lemon Garlic Potatoes Peas
13	14	15	16	17
No School	Oven Baked Egg Fritter Creamy Smashed Potatoes Ratatouille	Toasted Cheddar Sandwich Creamy Tomato Soup Broccoli	Black Bean Taco Bowl Yellow Rice Carrot Disks	Swedish Mushroom 'Meat'balls Egg Noodles Peas
20	21	22	23	24
Arroz con Vegetales Mexican Green Beans Seasoned Black Beans	Carrot Mac & Cheese Broccoli Cannellini Beans with Tomato Basil	Homemade Quinoa Fritters Potatoes with Parsley Sauce Carrot Disks	Spinach Ricotta Meatballs with marinara Orzo Peas Cheese Cubes	Cheesy Pizza Bites Corn Broccoli
27	28	29	30	31
No School	Thai Curry Tofu Steamed Rice Edamame & Carrots	BBQ Tofu Strips Cornbread Orzo with Broccoli & Garlic	Black Bean Sliders with Brioche Roll Cheesy Cauliflower	Oven Baked Egg Fritter Creamy Smashed Potatoes Peas

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October 2025

Dairy/Egg-Free Lunch

Preschool Menu

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
		Mediterranean Turkey Meatballs Chickpeas Pearl Couscous Cauliflower	Gemelli Pasta Pulled Braised Beef Asparagus Trio	Teriyaki Chicken Steamed Rice Asian Stir Fried Veggies
6	7	8	9	10
Beef Tagliarini with mushrooms, tomato & onion Carrot Disks Sweet Corn	Pulled Cilantro Lime Chicken Yellow Rice Mexican Squash	Gemelli with Lemon Miso Pesto Braised White Beans with Tomato & Basil Broccoli	Turkey Burger with Tomato Glaze Bun Cauliflower	Chicken Souvlaki Lemon Garlic Potatoes Peas
13	14	15	16	17
No School	Chicken Breast Strips Olive Oil Smashed Potatoes Ratatouille	Toasted Tofu Sandwich with Sundried Tomato Pesto Vegan Tomato Soup Broccoli	Pulled Beef Taco Yellow Rice Carrot Disks	Swedish Meatballs Gemelli Pasta Peas
20	21	22	23	24
Arroz con Pollo Mexican Green Beans Seasoned Black Beans	Lemon Miso Pesto Pasta Broccoli Cannellini Beans with Tomato Basil	Roasted Chicken with Thyme and Porcini Potatoes with Parsley Sauce Carrot Disks	Beef Meatballs with marinara Orzo Peas	Tomato-y Focaccia Corn Broccoli
27	28	29	30	31
No School	Vegan Thai Curry Chicken Steamed Rice Edamame & Carrots	Turkey Meatballs Vegan Cornbread Orzo with Broccoli & Garlic	Beef Sliders with Roll Cauliflower	Chicken Breast Strips Olive Oil Smashed Potatoes Peas

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