



**School Information:** This Institution is an equal opportunity provider and employer.



**Nutrition Tip:** Fall is in and so are apples, pears, grapes, pumpkin, squash, Broccoli, carrots.... Try and include fruits and vegetable when they are in season as they are at the peak of their freshness and also cheaper.



## Monday

Peru - Carne Picante fresh fruit and fat free or 1% MILK. **1**

(See attachment)

## Tuesday

Dominican Republic - Sancocho, Fresh fruit and fat free or 1% milk. **2**

(See attachment)

## Wednesday

Guatemala - Pollo en Jocon, fresh fruit and fat free or 1% milk. **3**

(See attachment)

## Thursday

Cuba - Pernil Asado con Mojo, fresh fruit and fat free or 1% milk. **4**

(See attachment)

## Friday

El Salvador - Pupusas, fresh fruit and fat free or 1% milk. **5**

(See attachment)

**No School**  
**Columbus Day** **8**

Spain - Paella Valenciana, fresh fruit and fat free or 1% milk. **9**

(See attachment)

Puerto Rico - Mofongo, fresh fruit and fat free or 1% milk. **10**

(See attachment)

Spaghetti Bolognese, Steamed mixed vegetables, fresh fruit and fat free or 1% milk. **11**

Pork loin in gravy with butternut squash and creamy corn, ww roll, fresh fruit and fat free or 1% milk. **12**

Beef Chili with beans, rice, and tomato salsa, fresh fruit and fat free or 1% milk. **15**

Chicken Salad Sandwich with mixed green salad, cucumber and tomato, fresh fruit and fat free or 1% milk. **16**

Baked Salmon with Mac & Cheese, broccoli, fresh fruit and fat free or 1% milk. **17**

Grilled Beef Fajitas With Sautéed red, green and yellow peppers, tomato salsa & corn chips, Fresh fruit and Fat free or 1% milk. **18**

Roast pork with refried Beans, plantain and Whole wheat roll, fresh fruit And fat free or 1% milk. **19**

Grilled steak with cilantro rice, roasted asparagus & tomatoes, fresh fruit and Fat free or 1% milk. **22**

Salad Bar, ww roll, fresh fruit and fat free or 1% milk. **23**

Mofongo with roast Pork and beans, ww roll, fresh fruit and fat free or 1% milk. **24**

Turkey Meatloaf with mashed potatoes and green beans, fresh fruit and fat free or 1% milk. **25**

Beef lasagna with Broccoli and red peppers, fresh fruit and fat free or 1% milk. **26**

Creamy Coconut Chicken with mushrooms & asparagus over rice, fresh fruit and fat free or 1% milk. **29**

Turkey Burger with Home fries and tomato-cucumber salad, fresh fruit and fat free or 1% milk. **30**

Deli Bar, fresh fruit and fat free or 1% milk. **31**

