

Friends School OF MINNESOTA



October 2022 Lunch Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Black Bean Taco Bowl Taco Bowl w/Beef Basil Turkey BLT Sandwich Fruit Side: Cantaloupe Veggie Side: Roasted Yams 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free	4 Chicken Teriyaki Bowl Tofu Teriyaki Bowl Salami & Cheese Wrap Fruit Side: Honeydew Veggie Side: Snap Peas 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free	5 Pesto Pasta Pesto Pasta w/Chicken Ham & Cheese Sandwich Fruit Side: Watermelon Veggie Side: Corn 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free	6 Grilled Cheese w/Tomato Soup Roasted Chicken & Cheese Wrap Fruit Side: Orange Slices Veggie Side: Green Beans 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free	7 Cheese Pizza - 1 slice Gluten Free Cheese Pizza - 1 slice 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk	8
9	10 Corn Dog w/Roasted Potatoes Raw Vegetable Sandwich w/ Chips Turkey & Cheese Wrap Fruit Side: Watermelon Veggie Side: Zucchini (green) 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free	11 Chicken Caesar Wrap w/ Cold Ham Pasta Quinoa Veggie Wrap w/ Cold Chickpea Pasta Ham & Cheese Wrap Fruit Side: Orange Slices Veggie Side: Broccoli 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free	12 Macaroni 'N' Cheese Macaroni 'N' Cheese w/ Burger Bits Basil Turkey BLT Wrap Fruit Side: Apple Slices Veggie Side: Baby Carrots 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free	13 Black Bean Tacos Chicken Tacos Turkey & Cheese Sandwich Fruit Side: Cantaloupe Veggie Side: Squash (yellow) 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free	14 Cheese Pizza - 1 slice Gluten Free Cheese Pizza - 1 slice 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk	15
16	17 Agra Burger w/Pretzels Veggie Burger w/Pretzels Roasted Chicken & Cheese Sandwich Fruit Side: Apple Slices Veggie Side: Cauliflower Blend 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free	18 Chicken Fried Rice Tofu Fried Rice Basil Turkey BLT Sandwich Fruit Side: Cantaloupe Veggie Side: Roasted Yams 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free	19 Spaghetti w/Meat Sauce Spaghetti w/Tomato Sauce Ham & Cheese Sandwich Fruit Side: Honeydew Veggie Side: Green Beans 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free	20 Chicken Tenders w/Roasted Potatoes Quinoa Veggie Wrap w/ Chips Salami & Cheese Sandwich Fruit Side: Orange Slices Veggie Side: Corn 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free	21 Cheese Pizza - 1 slice Gluten Free Cheese Pizza - 1 slice 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk	22
23	24 Chicken Stir Fry Tofu Stir-Fry Turkey & Cheese Wrap Fruit Side: Honeydew Veggie Side: Peas & Carrot Blend 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free	25 Agra Dog w/Chips Roasted Vegetable Sandwich w/Chips Roasted Chicken & Cheese Sandwich Fruit Side: Orange Slices Veggie Side: Squash (yellow) 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free	26 Chicken Noodle Soup/w Bread Roll Raw Vegetable Sandwich w/ Chips Turkey & Cheese Sandwich Fruit Side: Cantaloupe Veggie Side: Baby Carrots 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free	27 Meatball Sub w/Chips Roasted Vegetable Sandwich w/Pretzels Ham & Cheese Wrap Fruit Side: Watermelon Veggie Side: Zucchini (green) 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free	28 Cheese Pizza - 1 slice Gluten Free Cheese Pizza - 1 slice 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk	29
						<p style="text-align: center;">Mon</p> <p style="text-align: center;">31</p> <p>Turkey Burger w/Golffish Veggie Burger w/Golffish Salami & Cheese Wrap Fruit Side: Cantaloupe Veggie Side: Snap Peas 1/2 pint 1% Milk 1/2 pint Chocolate Milk 8 oz Vanilla Soy Milk DF - Make my Sandwich Meal Dairy Free EF - Make my Sandwich Meal Egg Free GF - Make my Sandwich Meal Gluten Free</p>

*Main entrée comes with fruit & veggie sides

*1/2 Sandwich comes with chips/pretzels/crackers, and fruit & veggie sides

*Milk options may be ordered without a sandwich or entrée order

For more information contact: lunch@fsmn.org

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