

**OCTOBER 2023 MENU (2, 3, & 4 YEAR OLDS)**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>2</b> Red Beans & Rice Chicken Tender Biscuit Fruit	<b>3</b> Chili Mac Broccoli Bread Fruit	<b>4</b> Pastalaya Green Beans Bread Fruit	<b>5</b> Chicken Stew Carrots Bread Fruit	<b>6</b> Grilled Cheese French Fries Pudding
<b>9</b> FALL BREAK	<b>10</b> FALL BREAK	<b>11</b> Shrimp Fettuccini Peas Bread Fruit	<b>12</b> BBQ Chicken Pork & Beans Bread Fruit	<b>13</b> Pizza French Fries Pudding
<b>16</b> Jambalaya White Beans Bread Fruit	<b>17</b> Spaghetti & Meatsauce Broccoli Bread Fruit	<b>18</b> Tacos Spanish Rice Refried Beans Fruit	<b>19</b> Chicken Stew Carrots Bread Fruit	<b>20</b> Hamburgers French Fries Fruit Cup
<b>23</b> Red Beans & Rice Smoked Sausage Bread Fruit	<b>24</b> Chili Mac Broccoli Bread Fruit	<b>25</b> Meatloaf Mashed Potatoes Corn Bread Fruit	<b>26</b> Baked Chicken Macaroni & Cheese Green Beans Bread Fruit	<b>27</b> Chicken Nuggets Chips Fruit Cup
<b>30</b> Red Beans & Rice Chicken Tender Biscuit Fruit	<b>31</b> Spaghetti & Meatsauce Broccoli Bread Fruit			

To the parents with children with food allergies, According to your child's file, your child may have an allergy to an item or items shaded in purple. You will need to send a lunch on those days to adhere to the Doctor's note describing the allergy. If your child is lactose intolerant or has a dairy allergy, we will not put cheese on the Chili Mac and the Tacos. Also, we will give your child fruit instead of the vanilla pudding. There will be no substitutions other than above. If your child's allergy changes, another Doctor's note will be needed.

A packet of order forms will be given to you to order your child's lunch. The possible allergy day will be printed on purple paper with the date and menu item. If your child's allergy prevents them from having the Hot lunch of the day, you will have to send your child a lunch. The purple order form will have "Allergy - Please send a lunch"

Thank you, Lee Dupepe (Riverside Academy Cafeteria Supervisor)