

October Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Before farmers harvest cauliflower, they blanch it by covering the head with leaves as it matures. If the cauliflower isn't blanched, the heads become yellow or green. These cauliflowers are still good, but most people prefer white cauliflower.</p> 	<div>1</div> <p>Turkey Chili Mac and Cheese steamed carrots strawberry apple sauce milk</p>	<div>2</div> <p>Salisbury Steak diced potatoes green beans honeydew milk</p>	<div>3</div> <p>Whole Grain Waffles with blueberry sauce turkey sausage broccoli <i>local</i> pineapple milk</p>	<div>4</div> <p>Grilled Cheese Sandwich tomato soup sliced apples milk</p>	<div>5</div> <p>Chicken Tender sliced cucumbers <i>local</i> cantaloupe milk</p>
	<div>8</div> <p>Butternut Squash Alfredo steamed carrots blueberry apple sauce milk</p>	<div>9</div> <p>Cheese Quesadilla sliced cucumbers <i>local</i> honeydew milk</p>	<div>10</div> <p>Spaghetti and Bolognese Beef Sauce broccoli <i>local</i> pineapple milk</p>	<div>11</div> <p>Turkey Sliders cauliflower mango milk</p>	<div>12</div> <p>Cheese Ravioli with Pumpkin sauce peas <i>local</i> cantaloupe milk</p>
	<div>15</div> <p>Macaroni & Cheese steamed carrots apple sauce milk</p>	<div>16</div> <p>Turkey Burger Patty rice pilaf broccoli <i>local</i> honeydew milk</p>	<div>17</div> <p>Whole Grain Strawberry Pancakes turkey sausage mashed butternut squash pineapple milk</p>	<div>18</div> <p>Beef Sloppy Joe on Whole Wheat Bun peas <i>local</i> sliced apples milk</p>	<div>19</div> <p>Cheese Pizza green salad with sliced tomatoes and ranch dressing cantaloupe milk</p>
	<div>22</div> <p>Veggie Pasta steamed carrots strawberry apple sauce milk</p>	<div>23</div> <p>Cheese Quesadilla broccoli <i>local</i> honeydew milk</p>	<div>24</div> <p>Turkey Sliders butternut squash soup pineapple milk</p>	<div>25</div> <p>Grilled Cheese Sandwich tomato soup mango milk</p>	<div>26</div> <p>Chicken Salad Sliders cauliflower cantaloupe milk</p>
	<div>29</div> <p>Baked Ziti broccoli <i>local</i> cranberry apple sauce milk</p>	<div>30</div> <p>Whole Grain Waffles with blueberry sauce turkey sausage mashed butternut squash honeydew milk</p>	<div>31</div> <p>Cheese Pizza green salad with sliced tomatoes and ranch dressing pineapple milk</p>		

Soy milk is available upon request

Toddlers will be served whole milk 2's and above will be served 1% milk



Menu is subject to change based on food availability and with notice

Amgen Dining Services commitment to:

Poultry produced without the routine use of human antibiotics

Sourcing rBGH-free milk and yogurt

November Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>★ About 50 million pumpkin pies are consumed each Thanksgiving.</p> <p>★ How can you tell if cranberries are ripe? Drop them on the floor. If they bounce like a ball, they're ripe because of a pocket of air inside.</p> <p>★ About 46 million turkeys, 1/5 of the annual total consumed in the US, are eaten on Thanksgiving.</p>				1 Chicken Alfredo cauliflower sliced apples milk	2 Veggie Brown Rice Stir Fry peas <i>local</i> cantaloupe milk
	5 Cheese Tortellini with Crema Rosa Sauce steamed carrots strawberry apple sauce milk	6 BBQ Chicken roasted potatoes cauliflower honeydew milk	7 Vegetarian Bean and Veggie Chili Broccoli <i>local</i> pineapple milk	8 Oven Roasted Turkey Breast with cranberry sauce diced sweet potatoes peas <i>local</i> cinnamon apples milk	9 Grilled Cheese Sandwich tomato soup cantaloupe milk
	12 Whole wheat rotini with garlic butter steamed carrots blueberry apple sauce milk	13 BBQ Hamburger Patty on whole wheat bun Mashed butternut squash honeydew milk	14 Cheese and Sweet Potato Taqitos with cranberry dipping sauce Broccoli <i>local</i> pineapple milk	15 Turkey and cheese sandwich Butternut soup sliced apples milk	16 Veggie Brown Rice Stir Fry peas <i>local</i> cantaloupe milk
	19 Tuna Salad Slider steamed carrots apple sauce milk	20 Cheese Quesadilla Butternut squash soup honeydew milk	21 Herb Chicken mashed potatoes broccoli <i>local</i> pineapple milk		
	26 Turkey Chili Mac and Cheese steamed carrots strawberry apple sauce milk	27 Salisbury Steak diced potatoes green beans honeydew milk	28 Whole Grain Waffles with blueberry sauce turkey sausage broccoli <i>local</i> pineapple milk	29 Grilled Cheese Sandwich tomato soup sliced apples milk	30 Chicken Tender sliced cucumbers <i>local</i> cantaloupe milk

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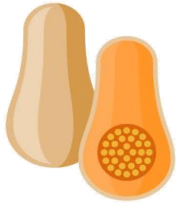




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December Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>★ When cooked, butternut squash has a sweet, starchy flavor.</p> <p>★ Butternut squash is rich in potassium, which is important for bone health!</p> <p>★ This winter squash is easy to cook. Simply cut in half, remove seeds and bake for about an hour or until you can pierce the skin with a knife.</p>	3 Butternut Squash Alfredo steamed carrots blueberry apple sauce milk	4 Cheese Quesadilla sliced cucumber <i>local</i> honeydew milk	5 Spaghetti and Bolognese Beef Sauce broccoli <i>local</i> pineapple milk	6 Turkey Sliders cauliflower mango milk	7 Cheese Ravioli with Pumpkin sauce peas <i>local</i> cantaloupe milk
	10 Macaroni & Cheese steamed carrots apple sauce milk	11 Turkey Burger Patty rice pilaf broccoli <i>local</i> honeydew milk	12 Whole Grain Strawberry Pancakes turkey sausage mashed butternut squash pineapple milk	13 Beef Sloppy Joe on Whole Wheat Bun peas <i>local</i> sliced apples milk	14 Cheese Pizza green salad with sliced tomatoes and ranch dressing cantaloupe milk
	17 Veggie Pasta steamed carrots strawberry apple sauce milk	18 Cheese Quesadilla broccoli <i>local</i> honeydew milk	19 Turkey Sliders butternut squash soup pineapple milk	20 Grilled Cheese Sandwich tomato soup mango milk	21 Chicken Salad Sliders cauliflower cantaloupe milk
	24 Winter Break	25 Winter Break	26 Winter Break	27 Winter Break	28 Winter Break
	31 Winter Break	   			

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