

SUPPER AT STOKES CAFE

OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
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				CHILI CON CARNE CHILI W/ BEANS FRENCH FRIES ROLLS APPLESAUCE MILK, 1% Lowfat MILK, Skim
4	5	6	7	8
BLACK BEAN BURGER FRENCH FRIES APPLES MILK, 1% Lowfat MILK, Skim	SLOPPY JOE ON A ROLL SLOPPY JOE (VEGAN) BAKED BEANS ORANGES MILK, 1% Lowfat MILK, Skim	PERUVIAN CHICKEN PERUVIAN TOFU BROCCOLI BROWN RICE PEARS MILK, 1% Lowfat MILK, Skim	BURRITO BOWL W/BEEF BURRITO BOWL W/BEANS BROWN RICE PICO DE GALLO PLUMS MILK, 1% Lowfat MILK, Skim	OVEN FRIED CHICKEN BAKED TOFU BLACK BEANS BROWN RICE APPLESAUCE MILK, 1% Lowfat MILK, Skim
11	12	13	14	15
NO SCHOOL TODAY	SALISBURY STEAK SALISBURY TOFU ROASTED CARROTS BROWN RICE ORANGES MILK, 1% Lowfat MILK, Skim	LEMON PEPPER CHICKEN LEMON PEPPER TOFU BROWN RICE ROASTED ZUCCHINI PEARS MILK, 1% Lowfat MILK, Skim	CHICKEN QUESADILLA CHEESE QUESADILLA BROWN RICE BLACK BEANS PLUMS MILK, 1% Lowfat MILK, Skim	PASTA ALFREDO W/CHICKEN ALFREDO PASTA (V) ROASTED BROCCOLI APPLESAUCE MILK, 1% Lowfat MILK, Skim
18	19	20	21	22
TOFU NUGGETS CORN CUP ROLLS BANANAS MILK, 1% Lowfat MILK, Skim	SPAGHETTI W/MEATSAUCE SPAGHETTI (V) ROASTED BROCCOLI ORANGES MILK, 1% Lowfat MILK, Skim	BBQ CHICKEN BBQ TOFU ROASTED ZUCCHINI BROWN RICE PEARS MILK, 1% Lowfat MILK, Skim	BEEF, RICE & CHEESE BURRITO BEAN, RICE & CHEESE BURRITO BLACK BEAN SALSA PLUMS MILK, 1% Lowfat MILK, Skim	PESTO PASTA CHEESE STICK ROASTED CAULIFLOWER APPLESAUCE MILK, 1% Lowfat MILK, Skim
25	26	27	28	29
LASAGNA W/EGGPLANT ROASTED CAULIFLOWER ROLLS APPLES MILK, 1% Lowfat MILK, Skim	CILANTRO LIME CHICKEN CILANTRO LIME BAKED TOFU BROWN RICE GREEN BEANS ORANGES MILK, 1% Lowfat MILK, Skim	TACO W/BEEF BEAN TACO BROWN RICE PICO DE GALLO PEARS MILK, 1% Lowfat MILK, Skim	CHICKEN NUGGETS TOFU NUGGETS FRENCH FRIES ROLLS PLUMS MILK, 1% Lowfat MILK, Skim	CHICKEN SANDWICH BLACK BEAN BURGER MIXED GREEN SALAD APPLESAUCE MILK, 1% Lowfat MILK, Skim

MENU SUBJECT TO CHANGE.