

# LUNCH @ STOKES CAFE

## OCTOBER 2021

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

MENU SUBJECT TO CHANGE