

# Commodore Options School

this institution is an equal opportunity provider

# OCTOBER

2019



*Tuesday, Oct 1st*

- 1) Grilled Cheese Sandwich with Tomato Soup Orange Wedges Tortilla Chips

Yogurt, Hummus or Jelly Sandwich Lunch

*Wednesday, Oct 2nd*

- Taste of Washington Day
- 1) Hot Dog
- 3 Sister's Natural Beef
- Fresh Melon
- Roasted Red Potatoes

Yogurt, Hummus or Jelly Sandwich Lunch

*Thursday, Oct 3rd*

- 1) Nachos Bar
- 2) Taco Salad
- Beans, Cheese, Meat
- Tortilla Chips, Salsa
- Red Grapes, Corn

Yogurt, Hummus or Jelly Sandwich Lunch

*Friday, Oct 4th*

- 1) Pepperoni Pizza or
- 2) Cheese Pizza
- Banana Caesar Salad

Yogurt, Hummus or Jelly Sandwich Lunch

*Monday, Oct 7th*  
Early Release Day

- 1) Chicken Tenders
- 2) Vegan Nuggets

Orange Wedges

Yogurt, Hummus or Jelly Sandwich Lunch

*Tuesday, Oct 8th*

- 1) Crispy Baked Chicken Drumstick or
- 2) Cheese Quesadilla
- Cantaloupe, Rice, Kiwi

Yogurt, Hummus or Jelly Sandwich Lunch

*Wednesday, Oct 9th*

- 1) Hamburger/ Cheeseburger or
- 2) Black Bean Burger
- Roasted Red Potatoes

Yogurt, Hummus or Jelly Sandwich Lunch

*Thursday, Oct 10th*

- Brunch 4 Lunch
- 1) French Toast, Eggs and Bacon!
- Banana Edamame

Yogurt, Hummus or Jelly Sandwich Lunch

*Friday, Oct 11th*

- 1) Pasta Bar
- Meat Sauce or Marinara Sauce
- Pasta, Mozzarella
- Corn, Garlic Toast

Yogurt, Hummus or Jelly Sandwich Lunch

*Monday, Oct 14th*  
Early Release Day

- 1) Chicken Burger or
- 2) Vegan Burger
- Fresh Melon, Corn
- Roasted Red Potatoes

Yogurt, Hummus or Jelly Sandwich Lunch

*Tuesday, Oct 15th*

- 1) Pepperoni Pizza or
- 2) Cheese Pizza
- Sugar Snap Peas
- Oranges, Caesar Salad

Yogurt, Hummus or Jelly Sandwich Lunch

*Wednesday, Oct 16th*

- 1) Nachos Bar
- 2) Taco Salad
- Beans, Cheese, Meat
- Tortilla Chips, Salsa
- Red Grapes

Yogurt, Hummus or Jelly Sandwich Lunch

*Thursday, Oct 17th*

K-6 Conferences Today

No School

*Friday, Oct 18th*

K-6 Conferences Today

No School

*Monday, Oct 21st*  
Early Release Day

- 1) Chicken Tenders
- 2) Vegan Nuggets
- Roasted Potatoes
- Green Peas, Oranges

Yogurt, Hummus or Jelly Sandwich Lunch

*Tuesday, Oct 22nd*



- 1) Pepperoni 2) Cheese

Yogurt, Hummus or Jelly Sandwich Lunch

*Wednesday, Oct 23rd*

- 1) Teriyaki Beef Nuggets or
- 2) Teriyaki Tofu
- Sushi Style Rice
- Sugar Snap Peas

Yogurt, Hummus or Jelly Sandwich Lunch

*Thursday, Oct 24th*

- 1) Hot Dog
- 3 Sister's Natural Beef or
- 2) Black Bean Burger
- Baked Beans, Melon

Yogurt, Hummus or Jelly Sandwich Lunch

*Friday, Oct 25th*

- Brunch 4 Lunch
- 1) Waffles and Sausage!
- Banana Edamame

Yogurt, Hummus or Jelly Sandwich Lunch

*Monday, Oct 28th*  
Early Release Day

- 1) Corn Dog or
- 2) Bean & Cheese Burrito
- Peaches

Yogurt, Hummus or Jelly Sandwich Lunch

*Tuesday, Oct 29th*

- 1) Hamburger/ Cheeseburger or
- 2) Vegan Burger
- Roasted Red Potatoes
- Orange Wedges

Yogurt, Hummus or Jelly Sandwich Lunch

*Wednesday, Oct 30th*

- 1) Shirley's Macaroni and Cheese and Baked Chicken
- Roasted Balsamic Veggies
- Yogurt, Hummus or Jelly Sandwich Lunch

Ice Cream with any Lunch today!

*Thursday, Oct 31st*

- 1) Popcorn Chicken w/Orange Glaze or
- 2) Baked Tofu W/ Orange Teriyaki Glaze
- Brown Rice, Carrots

Yogurt, Hummus or Jelly Sandwich Lunch

*Friday, Nov 1st*

- 1) Pepperoni Pizza or
- 2) Cheese Pizza
- Banana, Corn Caesar Salad

Yogurt, Hummus or Jelly Sandwich Lunch