







# The Episcopal Center for Children October Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>10/2/17</b> ENTRÉE	<b>10/3/17</b> ENTRÉE	<b>10/4/17</b> ENTRÉE	<b>10/5/17</b> ENTRÉE	<b>10/6/17</b> ENTRÉE
Italian Meatballs & Cheese Sub w/ French Fries	Ratatouille	Chicken Soft Shell Tacos	Salisbury Steak	Cod Fish Filet Sandwich
<b>FEATURED VEGETABLES:</b> Broccoli	<b>FEATURED VEGETABLES:</b> Garden Salad	<b>FEATURED VEGETABLES:</b> Green Peas & Corn	<b>FEATURED VEGETABLES:</b> String Beans Whipped Potatoes w/Gravy	<b>FEATURED VEGETABLES:</b> Sautéed Cabbage Potato Wedges
<b>10/9/17</b>	<b>10/10/17</b> ENTRÉE	<b>10/11/17</b> ENTRÉE	<b>10/12/17</b> ENTRÉE	<b>10/13/17</b> ENTRÉE
<b>Columbus Day! School Closed</b>	Veggie Stir-Fry w/ Lo'Mein Noodles	 Personal Pan Sausage Pizza *	Rotisserie Chicken Thighs	Hot Dogs Bake Beans
	<b>FEATURED VEGETABLES:</b> Vegetable Medley	<b>FEATURED VEGETABLES:</b> Salad	<b>FEATURED VEGETABLES:</b> Mash Potatoes Brussel Sprouts	<b>FEATURED VEGETABLES:</b> Vegetable Du Jour
<b>10/16/17</b> ENTRÉE	<b>10/17/17</b> ENTRÉE	<b>10/18/17</b> ENTRÉE	<b>10/19/17</b> ENTRÉE	<b>10/20/17</b> ENTRÉE
GRILLED CHEESE ON WW BREAD w/ TOMATO SOUP	 Baked Macaroni & Cheese	Turkey & Bean Chili w/ Corn Bread	Pepper Steak w/Brown Rice	Baja Fish Tacos
<b>FEATURED VEGETABLES:</b> Zucchini	<b>FEATURED VEGETABLES:</b> Garden Salad	<b>FEATURED VEGETABLES:</b> Vegetable Du Jour	<b>FEATURED VEGETABLES:</b> Stir-Fry Vegetables	<b>FEATURED VEGETABLES:</b> Warm Beet & Carrot Salad
<b>10/23/2017</b> ENTRÉE	<b>10/24/17</b> ENTRÉE	<b>10/25/17</b> ENTRÉE	<b>10/26/17</b> ENTRÉE	<b>10/27/17</b> ENTRÉE
Hot Ham & Cheese Croissant w/ Corn Chowder	Veggie Lasagna	Sloppy Joe on WG Bun	 Orange Chicken w/ Jasmin Rice	Beef Ravioli w/ Marinara
<b>FEATURED VEGETABLES:</b> Glazed Carrots	<b>FEATURED VEGETABLES:</b> Cesar Salad	<b>FEATURED VEGETABLES:</b> Tater Tots Vegetable Medley	<b>FEATURED VEGETABLES:</b> Crispy Broccoli	<b>FEATURED VEGETABLES:</b> Spinach Salad
<b>10/30/17</b>	<b>10/31/17</b> 		<b>No Students Staff</b>	<b>Stephanie K 10/31</b>
<b>FEATURED VEGETABLES:</b> Glazed Carrots	<b>FEATURED VEGETABLES:</b> Broccoli & Cauliflower		Anna C 10/3 RonJanica H 10/3 Jessica W 10/6 Wendy B 10/19 Carol T 10/20	
<b>Menu subject to change</b>				
 Vegetarian *Indicates Pork				

## AVAILABLE DAILY

FRESH VEGETABLES

FRESH FRUITS

MILK



## THURSDAY'S

- 10/5/17 - Apple Crumble
- 10/12/17 - Sherbet
- 10/19/17 - Chocolate Chip Cookies
- 10/26/16 - Pumpkin Pudding

Questions or Comments  
Contact the Food & Nutrition Office  
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Food & Nutrition Supervisor  
202-363-1333 ext:225