<table>
<thead>
<tr>
<th>Date</th>
<th>Meal Options</th>
<th>Vegetarian Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Labor Day: Chicken Alfredo / Penne / Kale Caesar / Fruit, Veg: White Bean Alfredo</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Pumpkin Cookie, Veg: Beet Burger</td>
<td></td>
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<tr>
<td>7</td>
<td>Chicken Ranch Wraps / Potato Salad / Roasted Veg / Fruit, Veg: Chickpea Ranch Wrap</td>
<td></td>
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<tr>
<td>8</td>
<td>Crispy Fish / Fries / Coleslaw / Fruit, Veg: Crispy Tofu</td>
<td></td>
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<tr>
<td>9</td>
<td>Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Pumpkin Cookie, Veg: Beet Burger</td>
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<tr>
<td>10</td>
<td>Chicken Ranch Wraps / Potato Salad / Roasted Veg / Fruit, Veg: Chickpea Ranch Wrap</td>
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<tr>
<td>11</td>
<td>Crispy Fish / Fries / Coleslaw / Fruit, Veg: Crispy Tofu</td>
<td></td>
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<tr>
<td>12</td>
<td>Pizza Pockets / Roasted Veg / Caesar Salad / Carrot Cake, Veg: Lentil Drumsticks</td>
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<tr>
<td>13</td>
<td>Stuffed Turkey Drumsticks / Mashed Potato / Shredded Carrot / Fruit, Veg: Mushroom Stroganoff</td>
<td></td>
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<tr>
<td>14</td>
<td>Beef Stroganoff / Egg Noodles / Greek Salad / Pumpkin Spiced Muffin, Veg: Honey Mustard Tofu</td>
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<tr>
<td>15</td>
<td>Honey Mustard Chicken / Rice / Coleslaw / Fruit, Veg: Black Bean Fajitas</td>
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<tr>
<td>16</td>
<td>Chicken Fajitas / Tortilla / Corn / Fruit Crisp, Veg: Black Bean Fajitas</td>
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<tr>
<td>17</td>
<td>Turkey Burgers / Bun / Sweet Potato Fries / Green Salad / Pumpkin Cookie, Veg: Beet Burger</td>
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<tr>
<td>18</td>
<td>Chicken Ranch Wraps / Potato Salad / Roasted Veg / Fruit, Veg: Chickpea Ranch Wrap</td>
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<tr>
<td>19</td>
<td>Crispy Fish / Fries / Coleslaw / Fruit, Veg: Crispy Tofu</td>
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<tr>
<td>20</td>
<td>Turkey Sausage / Perogies / Green Salad / Fruit, Veg: Veggie “Sausage” Patty</td>
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<tr>
<td>21</td>
<td>Beef Sloppy Joes / Bun / Roasted Veg / Fruit Scones, Veg: Red Bean Joes</td>
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<tr>
<td>22</td>
<td>Butter Chicken / Naan / Rice / Cucumbers / Fruit, Veg: Butter Tofu</td>
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<tr>
<td>23</td>
<td>Chicken Parmesan / Fusili / Carrot Salad / Brownies, Veg: Eggplant Parmesan</td>
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<tr>
<td>24</td>
<td>Beef Stroganoff / Egg Noodles / Greek Salad / Pumpkin Spiced Muffin, Veg: Honey Mustard Tofu</td>
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<tr>
<td>25</td>
<td>Chicken Ranch Wraps / Potato Salad / Roasted Veg / Fruit, Veg: Chickpea Ranch Wrap</td>
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<tr>
<td>26</td>
<td>Crispy Fish / Fries / Coleslaw / Fruit, Veg: Crispy Tofu</td>
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<tr>
<td>27</td>
<td>Turkey Meatballs / Pasta Salad / Seasonal Veg / Fruit, Veg: Lentil Meatballs</td>
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<tr>
<td>28</td>
<td>Chicken Pot Pie / Kale Caesar / Fruit Crisp, Veg: White Bean Pot Pie</td>
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<tr>
<td>29</td>
<td>Coconut Fish / Fries / Coleslaw / Fruit, Veg: Coconut Tofu</td>
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<tr>
<td>30</td>
<td>Chicken Parmesan / Fusili / Carrot Salad / Brownies, Veg: Eggplant Parmesan</td>
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</tbody>
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