

# OCTOBER, 2021

monday	tuesday	wednesday	thursday	friday
				<b>PIZZA DAY</b> whole wheat dough meatball, bacon or cheese fresh veggies
<b>PASTA DAY</b> rigatoni pasta alfredo chicken broccoli	<b>QUESADILLAS</b> chicken cheese spanish rice sweet corn cake	<b>BREAKFAST DAY</b> bagels and cream cheese sausage homefries	<b>SANDWICH DAY</b> sloppy joes wheat bun baked crinkle cut fries	<b>PIZZA DAY</b> whole wheat dough meatball, bacon or cheese fresh veggies
<b>PASTA DAY</b> cheese pierogies fresh steamed veggies	<b>NACHO DAY</b> build your own ground beef black beans rice lettuce, cheddar cheese salsa sour cream	<b>BREAKFAST DAY</b> waffles bacon cheesy eggs berry syrup	NO SCHOOL	NO SCHOOL
<b>PASTA DAY</b> baked rigatoni ricotta and mozzarella cheese fresh steamed veggies	<b>TACO DAY</b> shredded chicken brown rice black beans salsa, sour cream cheddar cheese lettuce tortilla chips	<b>BREAKFAST DAY</b> pancakes sausage scrambled eggs hash browns	<b>SANDWICH DAY</b> BBQ pulled pork on a wheat bun sweet potato tots	<b>PIZZA DAY</b> whole wheat dough meatball, bacon or cheese fresh veggies
<b>PASTA DAY</b> pasta marinara meatballs green beans	<b>NACHO DAY</b> build your own ground beef black beans rice lettuce, cheddar cheese salsa sour cream	<b>BREAKFAST DAY</b> assorted muffins scrambled eggs hash browns	<b>SANDWICH DAY</b> cheeseburgers baked crinkle cut fries fresh veggies	<b>PIZZA DAY</b> whole wheat dough meatball, bacon or cheese fresh veggies



- WELL-BALANCED MENU •  
A NEW APPROACH TO THE TOWER DASH
- HEALTHY AND NATURAL INGREDIENTS
- NO ARTIFICIAL FLAVORS OR COLORS