



OCTOBER

LA JOLLA COUNTRY DAY HOT LUNCH MENU

*Fresh Salad Bar
Available Daily
Check it out!
Spring mix salad
or Romaine, never
Iceberg*

Monday

Tuesday

Wednesday

Thursday

Friday

PLEASE READ:

Alternative Items:
Cheese or chicken quesadilla, pasta with marinara sauce, Mac and cheese, turkey and cheese sandwich, chicken Caesar wrap, or chicken Caesar salad.

Please remember that all lower school alternatives must be FAXED at least 2 business days prior to the requested day, the best way is fax the entire menu with alternative choices and then we keep it on file. We suggest reviewing the menu with your child.
FAX # 858-674-7469

www.calcatering.com

ABSENCES MUST BE EMAILED IN ORDER TO RECEIVE CREDIT FOR NEXT YEAR! THIS INCLUDES FIELD TRIPS.

			1 Crazy Tostada (whole beans, ground beef, Spanish rice, lettuce tomatoes, sour cream, & salsa)	2 Barbeque Beef With Corn and Baked Beans
5 PIZZA	6 Beef and Broccoli With Brown Rice	7 Spaghetti with meatballs and garden salad	8 Chicken Soft Tacos with beans and rice	9 Roasted chicken with mashed potatoes and vegetables
12 PIZZA	13 Teriyaki Chicken Breast with Brown Rice And Egg Drop Soup	14 Pasta Bake (Marinara sauce & Chicken breast) with roll and salad	15 Pollo Asada (marinated grilled chicken with Mexican seasoning) served with whole beans and rice	16 Sloppy Joes With baked Fries
19 PIZZA NO UPPERSCHOOL	20 Sweet and Sour Chicken with rice and vegetables	21 Chicken Parmesan Sandwich with Mozzarella Cheese served with baked chips	22 Cheese Enchiladas or Chicken breast enchiladas with whole beans and rice	23 NO SCHOOL
26 PIZZA	27 Mongolian Beef with brown rice and vegetables	28 Pasta Bake (Alfredo sauce, noodles & chicken breast) with Vegetables	29 Build a burrito	30 Macaroni and Cheese with Ham Steak and Steamed Vegetables

October Day Count

Mondays- 3 Tuesdays-4 Wednesdays-4 Thursdays-5 Friday- 4
Lower school and middle school- 20 Upper School day count- 19