

# OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Stroganoff, Green Beans, Coleslaw & Dinner Roll	2 Smorgasbord: Chicken Enchilada, Corn Dogs, Fried Chicken, Mashed Potatoes, Sandwiches, Vegetables and more	3 BBQ Sandwich, Baked Beans, Coleslaw & Potato Chips	4 Pizza Pepperoni or Cheese, Salad or Yogurt	5 Chicken Pot Pie Salad & Yogurt Parfait
8 Chicken Tenders, Mashed Potatoes & Gravy, Buttered Carrots & Biscuit	9 Taco Bar: Lettuce, Tomato, Onions, Cheddar Cheese, Sour Cream, Chips, Salsa & Dessert	10 Warm Turkey and Provolone on Pretzel Roll, Chips & Fruit	11 Pizza Sausage or Cheese, Salad or Yogurt	12 Creamy Chicken & Rice, Green Beans, Salad & Dinner Roll
15 Southwest Chicken Wraps, Chips & Salsa, Salad	16 Baked Potato Bar: Bacon, Chili, Broccoli, Cheddar Cheese, Butter, Sour Cream & Brownie	17 Sub Sandwich, Potato Chips, Salad	18 Pizza Bacon or Cheese, Salad or Yogurt	19 Senior Carnival Lunch  Come out and support the Senior class.
22 Chicken Sandwich, Potato Fries, Salad & Fruit	23 Chili Bar: Cornbread, Corn Chips, Sour Cream, Cheddar Cheese, Green onions, Saltines & Dessert	24 Breakfast Lunch: Sausage & Egg Casserole, Pancakes & Fruit	25 Pizza Pepperoni or Cheese, Salad or Yogurt	26 Shepherd's Pie, Salad, and Biscuit
29 Turkey or Ham Wrap, Pretzels, Grapes & Dill Pickle	30 Chipotle Chicken & Rice Bowl & Dessert	31 Sloppy Joe, Baked Beans, Potato Chips & Veggies w/ Ranch	<b>GF LUNCHES</b> <i>Not all of our lunches are gluten free, but some can be made that way. If you are interested in a list of those lunches, please email <a href="mailto:juliemacmillan@hamptonpark.org">juliemacmillan@hamptonpark.org</a>.</i>	

## From the Lunch Room...

### New this year...FOOD BOWLS

- Chipotle Chicken & Rice Bowl
  - Breakfast Bowl
  - Chicken Teriyaki Bowl
- Which one did you like best?*

### RECIPE CONTEST: DO YOU HAVE A FAVORITE FOOD BOWL?

Please email Julie MacMillan your favorite Bowl recipe. If we use your recipe for lunch one day you will receive your lunch free that day.

#### CONTEST RULES:

- Only emailed recipes will be considered
- NO NUTS!
- One entry per person
- May not be something we have already served
- Bowls will be judged on flavor, simplicity and cost. The Kitchen staff will make your recipe but only Julie will know who submitted it.
- All recipes will be judged by various staff members. Children of judging staff may not enter the contest.
- Winner will get your recipe named after you and get your lunch free every time we serve your bowl.
- Deadline for submission: **October 31<sup>st</sup>**
- Email: [juliemacmillan@hamptonpark.org](mailto:juliemacmillan@hamptonpark.org)