

OCTOBER 2023

Locally Grown Component

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST: 2 Apples (PA) Zucchini (MD/PA)	LUNCH: 3 Kale (MD) Squash (PA/MD)	LUNCH: 4 Mushrooms (PA) Spinach (PA/MD) Tomato (MD/PA)	NO SCHOOL TODAY 5	NO SCHOOL TODAY 6
NO SCHOOL TODAY 9	LUNCH: 10 Potatoes (PA/MD) Broccoli (PA/MD) Apples (PA)	LUNCH: 11 Tomato (MD/PA)	BREAKFAST: 12 Apples (PA) LUNCH: Tomato (MD/PA) Lettuce Romaine (PA)	LUNCH: 13 Cabbage (PA/VA/MD)
BREAKFAST: 16 Apples (PA)	LUNCH: 17 Zucchini (MD/PA) Potatoes (PA/MD)	LUNCH: 18 Kale (MD) Broccoli (PA/MD)	LUNCH: 19 Eggplant (PA)	LUNCH: 20 Apples (PA)
LUNCH: 23 Apples (PA)	BREAKFAST: 24 Carrots (MD/PA) LUNCH: Green Beans (VA)	BREAKFAST: 25 Apples (PA) LUNCH: Tomato (MD/PA)	LUNCH: 26 Lettuce Romaine (PA) Spinach (PA/MD)	LUNCH: 27 Lettuce Romaine (PA) Tomato (MD/PA)
LUNCH: 30 Peppers (PA/VA)	BREAKFAST: 31 Apples (PA) LUNCH: Mushrooms (PA) Spinach (PA/MD)			

NOVEMBER 2023: Wednesday 1st: BREAKFAST: Sweet Potato (PA/MD) LUNCH: Kale (MD) Squash (PA/MD),- Thursday 2nd : LUNCH: Apples (PA)- LUNCH: - Friday 3rd: LUNCH: Collards Green (MD)

For any questions or comments please contact us directly at menu@luncherasdisi.com