

OCTOBER				
Monday	Tuesday	Wednesday	Thursday	Friday
2nd	3rd	4th	5th	6th
Cheese Tortellini & Marinara	Quiche	Chicken Ceaser Salad	Potato Soup	Sloppy Joes
9th	10th	11th	12th	13th
Shells & Cheese	Roasted Chicken	French Bread Pizza	Comp Day No School	Fall Break No School
16th	17th	18th	19th	20th
Fettuccini Alfredo	Hot Ham & Cheese	Taco Salad	Lentil Soup	Cheese Enchilada
23rd	24th	25th	26th	27th
Penne & Pesto	Tomato Soup	Chef Salad	Broccoli Cheddar Soup	Turkey & Cheese Crossant
30th	31st			
Spaghetti & Meat Sauce	Sweet Potato & Ham Hash			

All Golden Compass lunches are served with a portion of fruit and vegetables. We use produce from the farm everyday such as eggs, pasturized goat's milk, and vegetables (while the harvest lasts). Gluten - free and vegetarian options are available daily. Golden Compass lunches are the work of the Farm School and are prepared and served by the adolescents. If your student is gluten - free, vegetarian or has other food allergies and is participating in the Golden Compass lunch program please email the Kitchen Manager, Pamela Kohlman, pkohlman@compassk12.org. Please log into mymealtime.com with your student's school ID number and create an account if for no other reason but to view and get alerts regarding low balances.

