



October



MONDAY

TUESDAY

WEDNESDAY

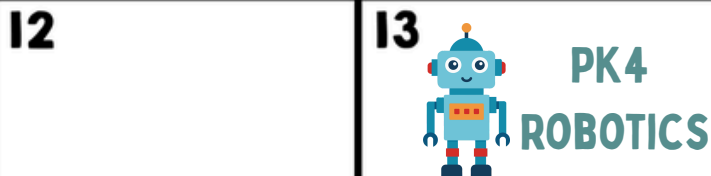
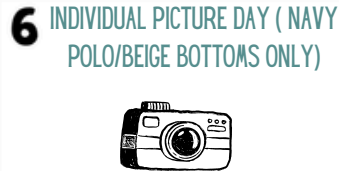
THURSDAY

FRIDAY

HALLOWEEN



1 TUITION
DUE

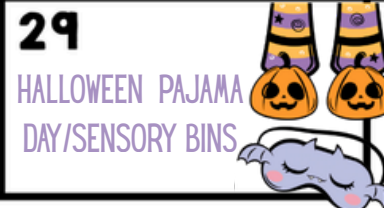


21

PK3 YOGA



26



30

NOT SO SCARY
HALLOWEEN PARTY- WEAR A
COSTUME (NO MASKS)





October

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HALLOWEEN



		1 (30Z.) PICADILLO/GROUND BEEF (4 OZ) SPLIT PEA (CHICHARO) SOUP (1/2 CUP) WHITE RICE (1/2 CUP) SLICED CARROTS		2 (30Z) ARROZ CAMPESINO (HAM, CHICKEN, PORK) (1/2 CUP) LETTUCE & TOMATO SALAD
5 (30Z) PORK FRICASSÉ (CERDO ASADO EN CAZUELA) (1/2 CUP) WHITE RICE (1/2 CUP) BLACK BEANS (1/2 CUP) SWEET POTATO FRIES	6 (30Z.) CHICKEN DRUMSTICK IN SAUCE (MUSLO DE POLLO) (1/2 CUP) WHITE RICE (1/2 CUP) RED BEANS (1/2 CUP) CARROTS	7 (1/2 CUP) FISH (1/2 CUP) MASHED POTATOES (1/2 CUP) MIXED VEGGIES	8 (1/2(30Z.) GROUND BEEF (1/2 CUP) ARROZ MORO (RICE AND BEANS) (1/2 CUP) YUCA	9 ((30Z) POLLO TERIYAKI CHICKEN IN TERIYAKI SAUCE. (1/2 CUP) YELLOW RICE WITH VEGETABLES (1/2 CUP) SWEET PLANTAINS
12 (30Z) PICADILLO/GROUND BEEF (1/2 CUP) WHITE RICE (1/2 CUP) SPLIT PEA (CHICHARO) SOUP (1/2 CUP) BAKED POTATO	13 (30Z.) BAKED CHICKEN (1/2 CUP) WHITE RICE (1/2 CUP) AJIACO SOUP WITH VEGGIES (1/2 CUP) MIX SALAD	14 (3 OZ.) ROPA VIEJA (1/2 CUP) MASHED POTATOES (1/2 CUP) MIXED VEGETABLES	15 (30Z.) PORK FRICASSEE (4 OZ.) LENTIL SOUP (1/2 CUP) SWEET POTATOES (FRICASSEE DE CERDO) (1/2 CUP) WHITE RICE	16 (30Z.) CHICKEN FRICASSEE (1/2 CUP) WHITE RICE (1/2 CUP) SWEET PLANTAIN 1/2 CUP MIX SALAD
19 (30Z.) CHICKEN DRUMSTICK (MUSLO DE POLLO) (40Z.) GUIISO DE MAIZ CRIOLLO (CORN AND VEGGIES SOUP) (1/2 CUP) YELLOW RICE WITH VEGGIES	20 (30Z.) PICADILLO (1/2 CUP) WHITE RICE (1/2 CUP) RED BEANS (1/2 CUP) SWEET POTATO FRIES	21 (30Z) PORK CASSEROLE (CERDO ASADO EN CAZUELA) (1/2 CUP) WHITE RICE (1/2 CUP) BLACK BEANS (1/2 CUP) YUCA	22 1/2 CUP) PASTA (SPAGHETTI)W/ BEEF (1/2 CUP) MIXED VEGGIES GARLIC BREAD	23 (30Z) SHREDDED BBQ CHICKEN (1/2 CUP) YELLOW RICE WITH VEGETABLES (1/2 CUP) BAKED POTATO
26 (30Z) FISH (1/2 CUP) MASHED POTATOES (1/2 CUP) MIXED VEGGIES	27 ((30Z) PORK FRICASSEE (1/2 CUP) WHITE RICE (1/2 CUP) GARBANZOS BEANS (1/2 CUP) SWEET PLANTAINS	28 (30Z.) BAKED CHICKEN (1/2 CUP) WHITE RICE (1/2 CUP) LENTIL SOUP WITH VEGGIES (1/2 CUP) SWEET POTATO FRIES	29 (30Z.) PICADILLO/GROUND BEEF (4 OZ) SPLIT PEA (CHICHARO) SOUP (1/2 CUP) WHITE RICE (1/2 CUP) SLICED CARROTS	30 PIZZA

