



# October 2018 Breakfast Menu

## Serendipity Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breakfast Bar* Juice Fruit Milk	2 Breakfast Bar* Juice Fruit Milk	3 Breakfast Bar* Juice Fruit Milk	4 Breakfast Bar* Juice Fruit Milk	5 Overnight Oatmeal Juice Fruit Milk
8 Breakfast Bar* Juice Fruit Milk	8 Breakfast Bar* Juice Fruit Milk	10 Breakfast Bar* Juice Fruit Milk	11 Breakfast Bar* Juice Fruit Milk	12 NO SCHOOL
15 Breakfast Bar* Juice Fruit Milk	16 Breakfast Bar* Juice Fruit Milk	17 Breakfast Bar* Juice Fruit Milk	18 Breakfast Bar* Juice Fruit Milk	19 Cherry Oat Crumble Juice Fruit Milk
22 Breakfast Bar* Juice Fruit Milk	23 Breakfast Bar* Juice Fruit Milk	24 Breakfast Bar* Juice Fruit Milk	25 Breakfast Bar* Juice Fruit Milk	26 Biscuits and Gravy Juice Fruit Milk
29 Breakfast Bar* Juice Fruit Milk	30 Breakfast Bar* Juice Fruit Milk	31 Breakfast Bar* Juice Fruit Milk 	 <p><b>* Breakfast Bar</b> Breakfast bar offers eggs, potatoes, toast, granola, yogurt and cereals.</p>	 <p><b>SERENDIPITY GROWING MINDS GARDEN</b> NURTURING WELLNESS FROM THE GROUND UP.</p>

USDA and the state of Oregon are equal opportunity providers and employers.



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PLEASE VISIT OUR WEBSITE:  
[www.serendipitycenter.org](http://www.serendipitycenter.org)

1% or non-fat flavored milk offered daily.



Only 100% juice and fresh fruit is offered during breakfast.

Serendipity uses fruits, vegetables, and herbs from our garden when possible.

# October 2018 Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Macaroni & Cheese Veggie of the Day Milk Fruit	2 Beef or Bean Tacos Veggie of the Day Milk Fruit	3 White Chicken Chili Veggie of the Day Milk Fruit	4 Sausage or Cheese Pizza Vegetable Milk Fruit	5 Turkey Sandwich Veggie of the Day Milk Fruit
8 Baked Penne Veggie of the Day Milk Fruit	8 Chicken Enchilada Casserole Spanish Rice Veggie of the Day Milk Fruit	10 Brazilian Black Beans and Sausage Veggie of the Day Milk Fruit	11 Teriyaki Beef Yakisoba Noodles Vegetable Stir Fry Milk Fruit	12 NO SCHOOL
15 Spaghetti and Meat Sauce Veggie of the Day Milk Fruit	16 Chicken or Bean Burritos Spanish Rice Veggie of the Day Milk Fruit	17 Hamburger or Veggie Burger Veggie of the Day Milk Fruit	18 Chicken and Dumpling Casserole Veggie of the Day Milk Fruit	19 Ham Sandwich Veggie of the Day Milk Fruit
22 Manicotti Veggie of the Day Milk Fruit	23 Beef or Bean Nachos Veggie of the Day Milk Fruit	24 Arroz con Pollo Veggie of the Day Milk Fruit	25 Teriyaki Chicken Yakisoba Noodles Vegetable Stir Fry Milk Fruit	26 Roast Beef Sandwich Veggie of the Day Milk Fruit
29 Lasagna Veggie of the Day Milk Fruit	30 Chicken Enchilada Soup Veggie of the Day Milk Fruit	31 Meatball Sub Veggie of the Day Milk Fruit 	 <p>1% or non-fat flavored milk offered daily. Serendipity uses fruits, vegetables, and herbs from our garden when possible. Salad bar is subject to change due to availability and quality. Contents daily: Fruit, Romaine lettuce, Spring mix, Carrots, Cucumbers, Mushrooms, Cauliflower, Broccoli, Radishes, Olives, Tomatoes, Corn, Celery, Cabbage, Cheese, Beans, and Nuts. Ranch and Italian dressings made in house are offered.</p>	

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