



VEGAN & ALLERGEN OCTOBER MENU

* Meal and meal component substitutions made by Little Cocoa Bean may occur without notice and will meet or exceed all SLP or CACFP meal pattern requirements.

* Meal and meal component substitutions requested by the customer, may not meet all SLP or CACFP meal pattern requirements.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	30 Breakfast: Gluten-free rainbow waffles Lunch: Spaghetti squash in turkey bolognese sauce Snack: Yogurt, fruit Allergen Free/ Vegan Breakfast: Oat milk yogurt w/gluten free oats Allergen Free/ Vegan Lunch: Brown rice &veggie stir fry	Breakfast: Yogurt parfait Lunch: Chicken & cheese quesadilla Snack: Hummus, whole grain pretzels Allergen Free/ Vegan Breakfast: Rice cake with banana & agave Allergen Free/ Vegan Lunch: Quinoa & black bean bowl	2 Breakfast: Vegan overnight oats Lunch: Plantain & black bean sliders Snack: Fruit & veggie pouch w/ whole grain crackers Allergen Free/ Vegan Breakfast: Oat milk yogurt w/gluten free oats Allergen Free/ Vegan Lunch: Brown rice &veggie stir fry	3 Breakfast: Gluten-free rainbow waffles Lunch: Squash mac & cheese w/ grilled chicken Snack: Pear &apple sauce w/ rice cake dipper Allergen Free/ Vegan Breakfast: Rice cake with banana & agave Allergen Free/ Vegan Lunch: Quinoa & black bean bowl	4 Breakfast: Smoothie bowl Lunch: Brown rice & bean burrito Snack: Hummus, whole grain pretzels Allergen Free/ Vegan Breakfast: Oat milk yogurt w/gluten free oats Allergen Free/ Vegan Lunch: Brown rice &veggie stir fry	5
6	7 Breakfast: Yogurt parfait Lunch: Chicken & cheese quesadilla Snack: Pear &apple sauce w/ rice cake dipper Allergen Free/ Vegan Breakfast: Chia pudding with fruit Allergen Free/ Vegan Lunch: Sweet Potato & chickpea bowl	8 Breakfast: Gluten-free rainbow waffles Lunch: Spaghetti squash in turkey bolognese sauce Snack: Yogurt, fruit Allergen Free/ Vegan Breakfast: Pear &apple sauce w/ rice cake dipper Allergen Free/ Vegan Lunch: Baked veggie tots w/ketchup	9 Breakfast: Smoothie bowl Lunch: Brown rice & bean burrito Snack: Hummus, whole grain pretzels Allergen Free/ Vegan Breakfast: Chia pudding with fruit Allergen Free/ Vegan Lunch: Sweet Potato & chickpea bowl	10 Breakfast: Whole grain fruit & veggie muffin Lunch: Plantain & black bean sliders Snack: Fruit & veggie pouch w/ whole grain crackers Allergen Free/ Vegan Breakfast: Pear &apple sauce w/ rice cake dipper Allergen Free/ Vegan Lunch: Baked veggie tots w/ketchup	11 Breakfast: Vegan overnight oats Lunch: Squash mac & cheese w/ grilled chicken Snack: Yogurt, fruit Allergen Free/ Vegan Breakfast: Oat milk yogurt w/gluten free oats Allergen Free/ Vegan Lunch: Sweet Potato & chickpea bowl	12
13	14 Breakfast: Vegan overnight oats Lunch: Spaghetti squash in turkey bolognese sauce Snack: Hummus, whole grain pretzels Allergen Free/ Vegan Breakfast: Oat milk yogurt w/gluten free oats Allergen Free/ Vegan Lunch: Lentil soup	15 Breakfast: Smoothie bowl Lunch: Brown rice & bean burrito Snack: Fruit & veggie pouch w/ whole grain crackers Allergen Free/ Vegan Breakfast: Rice cake with banana & agave Allergen Free/ Vegan Lunch: Stuffed bell pepper	16 Breakfast: Gluten-free rainbow waffles Lunch: Chicken & cheese quesadilla Snack: Yogurt, fruit Allergen Free/ Vegan Breakfast: Oat milk yogurt w/gluten free oats Allergen Free/ Vegan Lunch: Lentil Soup	17 Breakfast: Yogurt parfait Lunch: Squash mac & cheese w/ grilled chicken Snack: Hummus, whole grain pretzels Allergen Free/ Vegan Breakfast: Rice cake with banana & agave Allergen Free/ Vegan Lunch: Stuffed bell pepper	18 Breakfast: Whole grain fruit & veggie muffin Lunch: Plantain & black bean sliders Snack: Pear & apple sauce w/ rice cake dipper Allergen Free/ Vegan Breakfast: Oat milk yogurt w/gluten free oats Allergen Free/ Vegan Lunch: Lentil soup	19
20	21 Breakfast: Smoothie bowl Lunch: Plantain & Black Bean Sliders Snack: Pear &apple sauce w/ rice cake dipper Allergen Free/ Vegan Breakfast: Vegan/GF Strawberry muffin Allergen Free/ Vegan Lunch: Baked veggie tots w/ketchup	22 Breakfast: Yogurt parfait Lunch: Squash mac & cheese w/ grilled chicken Snack: Hummus, whole grain pretzels Allergen Free/ Vegan Breakfast: Pear & apple sauce w/ rice cake dipper Allergen Free/ Vegan Lunch: Brown rice &veggie stir fry	23 Breakfast: Vegan overnight oats Lunch: Brown rice & bean burrito Snack: Pear & apple sauce w/ rice cake dipper Allergen Free/ Vegan Breakfast: Vegan/GF Strawberry muffin Allergen Free/ Vegan Lunch: Baked veggie tots w/ketchup	24 Breakfast: Gluten-free rainbow waffles Lunch: Spaghetti squash in turkey bolognese sauce Snack: Yogurt, fruit Allergen Free/ Vegan Breakfast: Pear & apple sauce w/ rice cake dipper Allergen Free/ Vegan Lunch: Brown rice &veggie stir fry	25 Breakfast: Whole grain fruit & veggie muffin Lunch: Chicken & Cheese Quesadilla Snack: Hummus, whole grain pretzels Allergen Free/ Vegan Breakfast: Vegan/GF Strawberry muffin Allergen Free/ Vegan Lunch: Baked veggie tots w/ketchup	26
27	28 Breakfast: Smoothie bowl Lunch: Brown Rice & Bean Burrito Snack: Fruit & veggie pouch w/ whole grain crackers Allergen Free/ Vegan Breakfast: Chia pudding with fruit Allergen Free/ Vegan Lunch: Quinoa & black bean bowl	29 Breakfast: Vegan overnight oats Lunch: Plantain & black bean sliders Snack: Pear & apple sauce w/ rice cake dipper Allergen Free/ Vegan Breakfast: Vegan/GF Strawberry muffin Allergen Free/ Vegan Lunch: Sweet Potato & chickpea bowl	30 Breakfast: Whole grain fruit & veggie muffin Lunch: Squash mac & cheese w/ grilled chicken Snack: Yogurt, fruit Allergen Free/ Vegan Breakfast: Chia pudding with fruit Allergen Free/ Vegan Lunch: Quinoa & black bean bowl	31 Breakfast: Yogurt parfait Lunch: Chicken & Cheese Quesadilla Snack: Fruit & veggie pouch w/ whole grain crackers Allergen Free/ Vegan Breakfast: Vegan/GF Strawberry muffin Allergen Free/ Vegan Lunch: Sweet Potato & chickpea bowl	30 Breakfast: Gluten-free rainbow waffles Lunch: Spaghetti squash in turkey bolognese sauce Snack: Hummus, whole grain pretzels Allergen Free/ Vegan Breakfast: Oat milk yogurt w/gluten free oats Allergen Free/ Vegan Lunch: Quinoa & black bean bowl	30



ALLERGENS LIST

CONTAINS DAIRY

CHICKEN & CHEESE QUESADILLA
SQUASH MAC & CHEESE W/ GRILLED CHICKEN
GLUTEN-FREE RAINBOW WAFFLES
YOGURT PARFAIT
WHOLE GRAIN FRUIT & VEGGIE MUFFIN

CONTAINS EGGS

GLUTEN-FREE RAINBOW WAFFLES
WHOLE GRAIN FRUIT & VEGGIE MUFFIN

CONTAINS WHEAT

BROWN RICE & BEAN BURRITO
SPAGHETTI SQUASH IN TURKEY BOLOGNESE SAUCE
PLAINTAIN & BLACK BEAN SLIDERS
CHICKEN & CHEESE QUESADILLA
CHICKEN & CHEESE QUESADILLA

CONTAINS SOY

BROWN RICE & BEAN BURRITO
CHICKEN & CHEESE QUESADILLA

