

Sound Kitchen

November Lunch

Mondays.

French Toast Bake

Sausage (gluten free, dairy free)

Fruit

Apple Cinnamon Oatmeal (gluten free, dairy free)

Soupy Tuesdays

Soup Varies by Week: November 7th

Classic Tomato

Deconstructed Chicken & Rice (gluten free, dairy free)

Squashed (gluten free, dairy free)

Turkey & Cheese or Just Cheese Please Sandwiches

Wednesdays

Old School Beef Chili

New School Don't Need the Beef Chili (gluten free, dairy free)

Rice, Just Beans (gluten free, dairy free)

Sloppy Thursdays

Meaty or Meatless (gluten free, dairy free)

Fresh Cornbread (gluten free, dairy free)

Friday

Chicken Burger

Sound Kitchen Bean Burger (gluten free, dairy free)

Smashed Potato (gluten free, dairy free)

Everyday is Fresh Fruit and Veggie Day. Plant Based and Dairy Milk Available Daily.
Menu is subject to change