

OCTOBER 2023

jackslunchbox.com

Homemade. All-natural. 100% nut free

Jack's Catering

Monday

FlapJACKS w/
turkey sausage (DF) OR yogurt (V)
GF Chicken Strips (GF, EF, DF)
Whole apples or Bananas
Tater Tots

2

All-Natural Chicken Strips
(EF, DF) *available GF
Mozzarella Breadsticks (V)
w/marinara
Clementines
Carrots (cooked for infants)

9

Hearty Beef Chili (GF, DF)
Hearty Veggie Chili (V, GF, DF)
Mozzarella Sticks (V)
Clementine
Crunchy Carrots (steamed for infants)

16

All-Natural Chicken Strips
(EF, DF) *available GF
Mozzarella Breadsticks (V)
w/marinara
Clementines
Carrots (cooked for infants)

23

French Toast Sticks w/
turkey sausage | yogurt (V)
All-Natural Chicken Strips* (EF,
DF) *GF Available
Bananas
Hash Browns

30

Tuesday

Pasta & Turkey Meatballs
Pasta Marinara (V, DF, EF)
Gluten Free Pasta Marinara
Fresh Melon
Steamed Green Beans
*extra meatballs available

3

Pasta Alfredo
Pasta Alfredo with Chicken
GF Pasta Marinara (GF, EF, DF)
Fresh Melon
Green Beans

10

Baked Spaghetti (V, EF)
GF Pasta Marinara (V, GF, EF, DF)
Fruit salad
Green Beans

17

Lasagna Roll-Ups (V)
Pasta Marinara (V, DF, EF)
Gluten Free Pasta Marinara (V, DF,
EF, GF)
Melon
Green Beans

24

HALLOWEEN: MONSTER
MAC (Mac & cheese with broccoli
stirred in) (V, EF)
Pasta Marinara (EF, DF)
*GF Pasta Marinara
Fresh Melon
Broccoli

31

Wednesday

Mozzarella Breadsticks (V)
Swedish Meatballs & brown rice (EF)
Falafel w/brown rice & hummus (V,
DF, GF, EF) * contains sesame
Fresh Fruit Salad
Veggie Medley
*extra meatballs available

4

Chicken or Cheese (V)
Enchiladas
Sunflowerbutter & Jelly (V, DF)
Fresh Pineapple
Corn-off-the-cob (or substitute)

11

Quesadillas (V or Chicken) (EF)
Corn tortilla for GF
Sunflowerbutter & Jelly (V, EF,
DF)
Fresh Melon
Veggie Medley

18

Orange Chicken w/brown rice and
Broccoli (DF)
Asian Noodle Salad (V, DF)
GF Chicken Strips (GF, EF, DF)
Fresh Pineapple
Broccoli (included in entrée)

25

Thursday

BBQ Chicken Slider
*buns contain sesame (GF no bun)
Sunflower Butter and Jelly
Fresh Pineapple
Cucumber Coins

5

Turkey Sammy *(DF, EF)
Cheese Sammy* (V, EF)
DIY Turkey & Cheese w/
GF Crackers (GF)
Grapes (or substitute)
Cucumber Coins
*bread contains sesame

12

BBQ Chicken Slider
*buns contain sesame (GF no bun)
Sunflower Butter and Jelly
Fresh Pineapple
Cucumber Coins

19

Grilled Cheese (V, EF)
Roasted Veggie Street-Wrap
(GF, EF, DF, V)
Bananas
Veggie Medley

26

Friday

Jack's Homemade Cheese
Pizza (V, EF available GF)
Asian Noodle Salad (V, DF)
Bananas
Caesar Salad (or cucumber coin
sub)

6

All Beef Hamburger (EF, DF)
Gluten Free (no bun)
Bean Burrito (V, EF)
Fruit Salad
Veggie Medley
*buns contain sesame

13

Jack's Homemade Cheese
Pizza (V, EF available GF)
Asian Noodle Salad (V, DF)
Bananas
Caesar Salad (or cucumber coin
sub)

20

All Beef Hamburger (EF, DF)
Gluten Free (no bun)
Bean Burrito (V, EF)
Fruit Salad
Tater Tots
*buns contain sesame

27

