



October

LUNCH

Dreamland Preschool

10/1/2026 - 10/31/2026

Monday	Tuesday	Wednesday	Thursday	Friday
...my grace is sufficient for you, for my power is made perfect in weakness... (2 Corinthians 12:9)			1 Sub: Beef Spaghetti, String Cheese, Broccoli, Pineapple, 1%Milk 스파게티, 스트링치즈, 브로컬리, 파인애플, 1%우유	2 Jjajang Rice, Egg, Cabbage, Cantaloupe, 1%Milk 짜장밥, 달걀, 양배추, 켄탈롭, 1%우유
5 Fish, Rice, Lettuce, Orange, 1%Milk 생선전, 양상추, 오렌지, 1%우유	6 Seasoned Ground Beef/Pork (w/soy source), Roast seaweed, Rice, Cabbage, Apple, 1%Milk 떡갈비, 김, 양배추, 사과, 1%우유	7 Seaweed soup w/beef, Egg, Rice, Cucumber, Orange, 1%Milk 소고기 미역국, 달걀말이, 오이, 오렌지, 1%우유	8 Beef Curry w/Rice, Ham, Rice, Broccoli, Pineapple, 1%Milk 소고기 카레라이스, 햄, 브로컬리, 파인애플, 1%우유	9 Sub: Ham Ham & Cheese Sandwich, Potato Wedge, Cantaloupe, 1%Milk 햄치즈 샌드위치, 웨지감자, 켄탈롭, 1%우유
12 Chicken Tender, Rice, Lettuce, Orange, 1% Milk 치킨텐더, 양상추, 오렌지, 1% 우유	13 Sub: Ham Tofu/Stir-Fried Anchovies, String Cheese, Cucumber, Apple, 1%Milk 두부, 멸치볶음, 스트링치즈, 오이, 사과, 1%우유	14 Soup w/ beef, Steamed Egg w/ Tofu, Rice, Seasoned Bean Sprout, Orange, 1%Milk 소고기무국, 두부계란찜, 콩나물무침, 오렌지, 1%우유	15 Sub: Ham Chicken Fried Rice, String Cheese, Broccoli, Pineapple, 1%Milk 치킨볶음밥, 스트링치즈, 브로컬리, 파인애플, 1%우유	16 Seasoned Pork (w/soy source), Rice, Cabbage, Cantaloupe, 1%Milk 돼지불고기, 양배추, 켄탈롭, 1%우유
19 Seasoned Ground Beef/Pork/Egg (w/soy source), Rice, Roasted Seaweed, Lettuce, Orange, 1%Milk 소보루장조림계란, 양상추, 오렌지, 1%우유	20 Sausage, Fishcake & Vegetable Stir-fry, Rice, Cabbage, Apple, 1%Milk 소세지 야채 어묵볶음, 김, 양배추, 사과, 1%우유	21 Dried Pollock/Bean Sprout Soup, Scrambled Egg, Rice, Braised Potatoes, Orange, 1%Milk 황태콩나물국, 스크램블에그, 감자조림, 오렌지, 1%우유	22 Sub: Beef Spaghetti, String Cheese, Broccoli, Pineapple, 1%Milk 스파게티, 스트링치즈, 브로컬리, 파인애플, 1%우유	23 Soup w/Beef Brisket, Rice, Scrambled Egg, Lettuce, Cantaloupe, 1%Milk 차돌된장국, 스크램블에그, 양상추, 켄탈롭, 1%우유
26 Chicken Tender, Rice, Lettuce, Orange, 1% Milk 치킨텐더, 양상추, 오렌지, 1%우유	27 Sub: Tofu Glass Noodle, Rice, String Cheese, Broccoli, Apple, 1%Milk 잡채밥, 스트링치즈, 브로컬리, 사과, 1%우유	28 Fish Cake Soup, Rice, Egg, Seasoned Napa Cabbage, Orange, 1%Milk 어묵국, 달걀, 알배추무침, 오렌지, 1%우유	29 Sub: Ham Tofu/Stir-Fried Anchovies, String Cheese, Rice, Baby Carrot, Pineapple, 1%Milk 두부, 멸치볶음, 스트링치즈, 베이비당근, 파인애플, 1%우유	30 Korean Chicken Soup w/Chicken, Rice, Cucumber, Cantaloupe, 1%Milk 닭곰탕, 닭고기, 오이, 켄탈롭, 1%우유

*Soy milk is served in Sub

