

side items

side items

Elementary School Lunch Menu

October 2016

Yogurt with Bagel or String Cheese

Salami and Cheese Sandwich

Pbj, Salad Platter

Diced Pears, juice

3 Rosh Hashanah

Rosh Hashanah

Chicken Nuggets, **Breadsticks**

Yogurt w/Bagel or String Cheese Southwest Chicken Salad w/ Dinner Roll Salami & Cheese Sandwich, Pbj

side items

Pineapple Tidbits, Juice

Chicken Mashed Potato Bowl, **Breadsticks**

> Yogurt w/Bagel or String Cheese Chicken Salad w/ Roll,

Apple, Baby Carrots, Juice

Golden Corn

Green beans

Pizza

10

Columbus day

Yom Kippur

side items

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Yom Kippur

side items

13 French Toast with Sausage Patty and Hashbrown

Yogurt with Bagel or String Cheese Salami and Cheese Sandwich

Steamed carrots Applesauce, juice 14 Pizza, French Bread Pizza

Baked beans

Banana, juice

Yogurt with Bagel or String Cheese Bologne and Cheese Sandwich Pbj, Salad Platter

side items

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Tacos

Yogurt with Bagel or String Cheese Bologne and Cheese Sandwich PBJ, Salad Platter

Fries Fruit Cup, Juice

Mozzeralla Sticks with Sauce

Yogurt with Bagel or String Cheese Salami and Cheese Sandwich Pbj, Tuna Salad Platter

Broccoli Orange, juice

Chicken Tenders with **Mashed Potato**

Yogurt with Bagel or String Cheese Bologne and Cheese Sandwich PBJ, Salad Platter

Green beans Apple, juice

Corn Dog/Hot Dog

Yogurt with Bagel or String Cheese Salami and Cheese Sandwich Pbj, Diced Chicken Salad Platter

Steamed carrots Diced Peaches juice Pizza

Yogurt with Bagel or String Cheese Bologne and Cheese Sandwich Pbj, Salad Platter

side items

Baked beans Banana, juice

Cheeseburger/Hambu

Yogurt with Bagel or String Cheese Salami and Cheese Sandwich Sweet potato Fries

Pbj, Salad Platter Baby carrots, juice

Waffles with Sausage Patty and Hashbrown

Yogurt with Bagel or String Cheese Bologne and Cheese Sandwich Pbj, Chicken Salad Platter

Green beans

Pineapple Tidbits, juice

26

Popcorn Chicken with Fries

Yogurt with Bagel or String Cheese Salami and Cheese Sandwich Pbj, Salad Platter

Peas

Apple, juice

Macaroni and Cheese

Yogurt with Bagel or String Cheese Bologne and Cheese Sandwich Pbj, Egg Salad Platter

side items

Broccoli Orange, juice

Pizza, Bagel Pizza

Yogurt with Bagel or String Cheese Salami and Cheese Sandwich Pbi, Salad Platter

side items

Baby Carrots Banana, juice

31

Chicken Tender with **Breadstick**

Yogurt with Bagel or String Cheese Salami and Cheese Sandwich Pbj, Salad Platter

Green heans Diced Peaches, juice

side items

3

4

side items

Lunch consists of a Grain, Protein, fruit/Veggie and Milk Fat Free, 1% and low fat Chocolate is available



Local ingredients are always used when in season



Ovo-Lacto Vegetarian. may contain Egg & Milk

Nutritional Messages may vary by school.

Lunch \$2.55 Reduced .25c Adult \$3.61 **Healthy Snack Options!!!**



side items

Use MYSCHOOLBUCKS and add money to your childs account



Concern, Question, let me



Cara Dimarsico

Food Service Director 526-7847 ext 1321





side items

Elementary School Breakfast Menu

October 2016

3 Rosh Hashanah

Rosh Hashanah

Bagel or Yogurt or Assorted Cereal w/St Cheese

Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich

side items Fresh Orange Wedges, Applesauce Milk: Skim, 1% or Chocolate Skim Bagel or Yogurt or Assorted Cereal w/St Cheese

> Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich

> Fresh Banana, Mixed Fruit, Assorted Milk: Skim, 1% or Chocolate Skim

Bagel or Yogurt or Assorted Cereal w/St Cheese

Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich

Fresh Apple Slices, Diced Pears Milk: Skim. 1% or Chocolate Skim

10

Columbus Day

side items

Yom Kippur

side items

side items

Yom Kippur

side items

13 Bagel or Yogurt or Assorted Cereal w/St

Cheese

Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich

Fresh Grapes, Pineapple Tidbits Milk: Skim, 1% or Chocolate Skim 14 Bagel or Yogurt or Assorted Cereal w/St

Cheese

Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich

Fresh Banana, Mixed Fruit, Assorted Milk: Skim, 1% or Chocolate Skim

Bagel or Yogurt or Assorted Cereal w/St Cheese

Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich

Fresh Grapes, Pineapple Tidbits Milk: Skim, 1% or Chocolate Skim

Bagel or Yogurt or Assorted Cereal w/St Cheese

Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich

Fresh Banana, Mixed Fruit, Assorted Milk: Skim, 1% or Chocolate Skim

Bagel or Yogurt or Assorted Cereal w/St Cheese

Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich

Fresh Apple Slices, Diced Pears Milk: Skim, 1% or Chocolate Skim

Bagel or Yogurt or Assorted Cereal w/St Cheese

Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich

Fresh Grapes, Pineapple Tidbits Milk: Skim, 1% or Chocolate Skim

Bagel or Yogurt or Assorted Cereal w/St Cheese

Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich

Fresh Banana, Mixed Fruit, Assorted

Milk: Skim, 1% or Chocolate Skim

Bagel or Yogurt or Assorted Cereal w/St Cheese

Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich

Fresh Grapes, Pineapple Tidbits Milk: Skim, 1% or Chocolate Skim

Bagel or Yogurt or Assorted Cereal w/St Cheese

Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich

Fresh Orange Wedges, Applesauce, Assorted juice Milk: Skim, 1% or Chocolate Skim

Bagel or Yogurt or Assorted Cereal w/St Cheese

Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich

Fresh Apple, Diced Peaches Milk: Skim, 1% or Chocolate Skim

Bagel or Yogurt or Assorted Cereal w/St Cheese

Muffin w/St Cheese

Fresh Grapes, Pineapple $\overline{\text{Tidbits}}$, Milk: Skim, 1% or Chocolate Skim 28

Bagel or Yogurt or Assorted Cereal w/St Cheese

Muffin w/St Cheese

Fresh Apple, Diced Peaches Milk: Skim, 1% or Chocolate Skim

31

Bagel or Yogurt or Assorted Cereal w/St Cheese

Muffin w/St Cheese

Fresh Orange Wedges, Pineapple Milk: Skim, 1% or Chocolate Skim

side items

side items

3

4

side items

Sausage wrapped in Pancake on a stick, Egg Sandwich

Local ingredients are always used when in season



Daily Specials: Pancakes, Frudel,

Ovo-Lacto Vegetarian, may contain Egg & Milk

Concern, Question, let me



Healthy Choices

Breakfast \$1.25 Reduced .25c

51% Whole Grain

Cara Dimarsico

Food Service Director 526-7847 ext 1321

Nutritional Messages may vary by school.

This institution is an equal opportunity provider.

