

PRICES

Full Price: \$2.45
 Reduced: \$4.00
 Adult \$3.75
 Milk: \$.45

Menu Notes:

Daily Milk choices offered are Fat Free and Low Fat.
 Vegetables & Fruits, often fresh & locally grown, are offered with every meal.
 A fresh veggie cup is offered daily

Lunch price includes: 5 components

Milk, protein, grains, fruit and a vegetable
Must take a fruit or vegetable
plus 2 more components for a complete meal

Menu may contain allergens

Fresh Veggie Cup Daily
Monday October 1, 2018
 Pork, Rice and Bean Burrito
 Salsa and Sour Cream
 Whole Kernel Corn
 School Cornbread
 Choice of Assorted Fruits
 Milk

Tuesday October 2, 2018
 Teriyaki Nugget Bowl
 with Fried Rice
 Oriental Blend Vegetables
 Snickerdoodle Bread
 Choice of Assorted Fruits
 Milk

Wednesday October 3, 2018
Burger and Chip Day
 Burger on WW Bun
 w/ cheese, lettuce, tomato, onion
 School Baked Beans
 Bag of Cape Cod Potato Chips
 Fruit Crisp
 Milk

Thursday October 4, 2018
National Taco Day
 Nacho Tacos-Tortilla Chips
 w/Seasoned Beef and Cheese
 Lettuce and Tomato/Whole Kernel Corn
 Cornbread
 Choice of Assorted Fruits
 Milk

Friday October 5, 2018
 Baked Potato
 With Ham, Cheese and Broccoli
 with Salsa and Sour Cream
 Snickerdoodle Bread
 Choice of Assorted Fruits
 Milk

Fresh Veggie Cup Daily
Monday October 8, 2018
No School
Columbus Day

Tuesday October 9, 2018
BREAKFAST FOR LUNCH
 Fruitables Tropical Twist
 Pancakes with Syrup
 Sausages
 Hash Brown Patty
 Choice of Assorted Fruits
 Milk

Wednesday October 10, 2018
Burger Day
 PepperJack Burger on WG Bun
 w/wo fried onions and peppers
 Sweet Potato Tots
 Choice of Assorted Fruits
 Milk

Thursday October 11, 2018
 Chicken Fajitas
 with Sour Cream and Salsa
 Spanish Rice
 Corn and Black Bean Salad
 Choice of Assorted Fruits
 Milk

Friday October 12, 2018
 Steak and Cheese Flatbread
 with or without onions and peppers
 California Blend Veggies
 Choice of Assorted Fruits
 Milk

Fresh Veggie Cup Daily
Monday October 15, 2018
 Popcorn Chicken
 Rice Pilaf
 California Blend Veggies
 Pretzel
 Choice of Assorted Fruits
 Milk

Tuesday October 16, 2018
 Deli Turkey and Cheese
 on a Croissant
 Cucumber Slices with dip
 Three Bean Salad
 Choice of Assorted Fruits
 Milk

Wednesday October 17, 2018
 Cheeseburger
 w/wo onions and peppers
 Oven Baked Fries
 School Oven Baked Beans
 Watermelon
 Milk

Thursday October 18, 2018
 Shepherd's Pie
 Steamed Green Beans
 Homemade Snickerdoodle Bread
 Choice of Assorted Fruits
 Milk

Friday October 19, 2018
 Pork, Rice and Bean Burrito
 Salsa and Sour Cream
 Whole Kernel Corn
 Cornbread
 Choice of Assorted Fruits
 Milk

Fresh Veggie Cup Daily
Monday October 22, 2018
 Glazed Chicken Drumsticks
 Seasoned Pasta
 California Blend
 WG Dinner Roll
 Watermelon
 Milk

Tuesday October 23, 2018
 Chili with Beans Bowl
 w/wo cheese
 Bag of Tortilla Chips
 Corn Niblets
 Choice of Assorted Fruits
 Milk

Wednesday October 24, 2018
Burger Day
 PepperJack Burger on WG Bun
 w/wo fried onions and peppers
 Sweet Potato Tots
 Choice of Assorted Fruits
 Milk

Thursday October 25, 2018
 Chicken and Gravy w/Cranberry Sauce
 Whipped Mashed Potatoes
 Peas and Carrots
 WG Dinner Roll
 Choice of Assorted Fruits
 Milk

Friday October 26, 2018
 Toasted Cheese Sandwich
 American, Swiss and Provolone
 Vegetable Sticks with Dip
 Choice of Assorted Fruits
 Milk

Monday October 29, 2018
 Teriyaki Nugget Bowl
 with Fried Rice
 Oriental Blend Vegetables
 Snickerdoodle Bread
 Choice of Assorted Fruits
 Milk

Tuesday October 30, 2018
 BBQ Pulled Pork on Bun
 Oven Fries
 Baked Bean
 Choice of Assorted Fruits
 Milk

Wednesday October 31, 2018
Burger and Chip Day
 Burger on WW Bun
 w/ cheese, lettuce, tomato, onion
 School Baked Beans
 Bag of Cape Cod Potato Chips
 Fruit Crisp
 Milk

Daily Alternates
 yogurt meal
 Assorted Salads
 Assorted Sandwiches

Nuggets
 Pizza