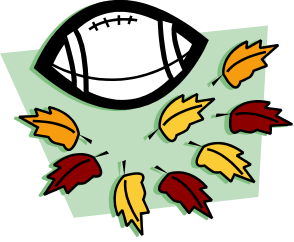



Elementary Lunch Menu October 2010

Lunch-\$2.00

Milk-\$0.55

ALL MEALS INCLUDE A CHOICE OF MILK

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Stuffed Crust Pizza Tossed Salad & Lite Dressing Apricot Cup Fruited Jell-O <u>BREAKFAST</u> Oatmeal, Dried Fruit
4 Meatball Hero Pasta Salad Steamed Broccoli Fresh Apple	5 Chicken Tenders Oven Fried Potato Corn Dinner Roll Chilled Pears	6 Creamed Turkey and Vegetables over Noodles Carrot Coins Chilled Peaches <u>Breakfast</u> Breakfast Pizza Applesauce	7 Egg & Cheese on Bagel Roasted Potatoes Blueberry Crisp	8 Bosco Sticks (Cheese filled Bread Stick) Dipping Sauce Cucumber Wheels Cinnamon Applesauce <u>Breakfast</u> Cinnamon Pancake Sandwich, Apricot Cup
11 Columbus Day No School	12 Ziti & Meatballs Italian Bread Mixed Vegetables Fresh Orange Smiles	13 Popcorn Chicken Mashed Potato Corn Cobbett Blueberry Corn Bread Square <u>Breakfast</u> Warm Cinnamon Apple Stick Yogurt	14 Fish Nuggets Curley Fries Dinner Roll Cole Slaw Fresh Pear	15 Cheese Pizza Fresh Veggie Sticks & Lite Dressing Fruit Cup Graham Crackers <u>Breakfast</u> Shenwich
18 Hamburger or Veggie Burger on Bun (Cheese) Oven Brownd Potato Fresh Tomato Slices & Lettuce Chilled Pears	19 Rotini & Meat Sauce Fresh Steamed Zucchini Apricot Cup Warm Cinnamon Apple Stick	20 Oven Roasted Chicken Brown Rice Pilaf Carrots & Low Fat Dip Cup Cake <u>Breakfast</u> French Toast Sticks Fruit	21 Twin Tacos Shredded Lettuce & Cheese Salsa Fluffy Rice Chilled Pears	22 Italian Dunkers (Bread Sticks & Reduced fat String Cheese) Pizza Dipping Sauce Tossed Salad Mandarin Oranges <u>Breakfast</u> Cheese Omelet & English Muffin
25 Tomato Soup Grilled Cheese on Whole Wheat Bread Sun Chips Apple Sauce	26 Fresh Baked Potato & Broccoli & Cheese or Turkey & Gravy Whole Grain Bread Stick Yogurt & Blueberry Parfait	27 Popcorn Chicken Potato Pierogies Green Beans Fruited Jell-O Apple <u>Breakfast</u> Yogurt Fruit Parfait Muffin	28 Ham & Cheese Croissant Fresh Vegetable Sticks & Lite Dip Deli Roasted Potato Mixed Fruit Cup	29 Big Daddy's Pizza Tossed Salad Funnel Cake Fruit Ice Treat <u>Breakfast</u> Pancakes Sausage Patty