

ELEMENTARY SCHOOL MENU

OCTOBER, 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CHICKEN NUGGETS SMILEY POTATOES GREEN BEANS PEACH CUP	2 GRILLED CHEESE PANINI SLICED CARROTS APPLESAUCE	3 WG ROTINI PASTA MEAT BALLS (OPTIONAL) STEAMED BROCCOLI WG BREAD STICK PEAR SLICES	4 SLOPPY JOE ON W/G/ BUN OVEN FRIES SWEET CORN FRESH ORANGE SLICES	5 WG PIZZA SQUARE PEPPERONI OPTIONAL TOSSED SALAD MIXED FRUIT
8 SCHOOLS CLOSED COLUMBUS DAY	9 WG WAFFLES SAUSAGE LINKS SLICED CARROTS DICED PEARS	10 WG PENNE PASTA MEAT SAUCE OPTIONAL STEAMED BROCCOLI WG GARLIC BREAD PEACHES	11 TWIN TACOS SALAS/CORN CHEDDAR CHEESE CORN TACOS MIXED FRUIT CUP	12 WG PIZZA SQUARE CARROT STICKS FRESH FRUIT
15 CHICKEN TERIAKI BROWN RICE CORN PEACH HALVES	16 DELI TURKEY ON PRETZEL ROLL OVEN BAKED TATER TOTS STEAMED CARROTS APPLE SLICES	17 WG SPAGHETTI MEATBALLS OPTIONAL STEAMED BROCCOLI WG BREAD STICKS DICED PEARS	18 HAMBURGER OR CH/BURGER OVEN FRIES SWEET CORN FRESH ORANGE SLICES	19 WG PIZZA SLICE PEPPERONI OPTIONAL GARDEN SALAD MIXED FRUIT
22 POPCORN CHICKEN TATER TOTS GREEN BEANS DICED PEARS	23 WG FRENCH TOAST SAUSAGE LINKS SYRUP PACKET APPLESAUCE	24 WG PENNE PASTA MEATSAUCE OPTIONAL STEAMED BROCCOLI WG GARLIC BREAD PEACH SLICES	25 TWIN TACOS SALAS/CORN CHEDDAR CHEESE CORN TACOS MIXED FRUIT CUP	26 WG PIZZA SLICE GARDEN SALAD CARROT STICKS FRESH FRUIT
29 CHICKEN NUGGETS SWEET POTATO FRIES GREEN PEAS PEACHES	30 GRILLED CHEESE WG BREAD RAINBOW MACARONI SALAD APPLESAUCE CUP	31 WG ROTINI PASTA MEAT SAUCE OPTIONAL STEAMED BROCCOLI WG BREAD STICK PEAR SLICES		

WHAT IS A COMPLETE LUNCH?

Take at least 3 out of 5!

A complete lunch consists of at least 3 of the 5 components offered:

1. Meat/Meal Alternate
2. Vegetable
3. Fruit or 100% fruit juice
4. Grain
5. Milk

MUST TAKE A FRUIT OR VEGETABLE

ALTERNATIVE ENTREES

AVAILABLE MONDAY - THURSDAY

PEANUT BUTTER & JELLY
CHEESE OR TURKEY SANDWICH
TUNA SANDWICH
YOGURT PARFAIT W/ WHOLE GRAIN ROLL
WHOLE WHEAT PIZZA
CHEF SALAD

AVAILABLE FRIDAY

GRILLED CHICKEN CAESAR SALAD
W/ WHOLE WHEAT BREADSTICK

STUDENT LUNCH IS \$2.60

The school lunch office can be reached at 516-678-7548

Online Payments & Account Information is available at www.myschoolbucks.com