



OCTOBER

2016

Welcome Fall

Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| 3 Rosh Hashanah Schools Closed | 4 Rosh Hashanah Schools Closed | 5 General Tso Chicken Rice Green Beans Spiced Apple sauce Choice of Milk | 6 Nachos and cheese Salsa, vegetarian beans Fresh fruit Choice of Milk | 7 French Toast Sticks Hash Brown Potatoes Grilled Ham Chilled Pears Choice Of Milk |
| 10 Columbus Day Schools Closed | 11 Beef & Cheese Burrito Vegetarian Beans Diced Pears Choice of Milk | 12 Yom Kippur Schools Closed | 13 Pasta & Meat Balls With Tomato sauce Tossed salad Chilled Pears Choice Of Milk | 14 Grilled Cheese & Tomato Flatbread Sandwich Carrot Fresh apple Choice Of Milk |
| 17 French Toast Sticks Hash Brown Potatoes Grilled Ham Chilled Pears Choice Of Milk | 18 Twin Taco Tuesday Beef & Cheese Twin Tacos Shredded Lettuce & Salsa Sour Cream Applesauce Choice of Milk | 19 Fiesta Bowl Chicken, Mashed potatoes Gravy & Corn Fresh Fruit Choice Of Milk | 20 General Tso Chicken Rice Green Beans Fresh Fruit Choice of Milk | 21 Beef & Cheese Burrito Vegetarian Beans Diced Pears Choice of Milk |
| 24 Meatball Parm hero Side greens salad Fresh Fruit Choice Of Milk | 25 Nachos and cheese Salsa, vegetarian beans Fresh fruit Choice of Milk | 26 French Toast Sticks Hash Brown Potatoes Grilled Ham Chilled Pears Choice Of Milk | 27 Baked rotini Meatballs & sauce Green Beans WG garlic roll Fruit Cup | 28 General Tso Chicken Rice Green Beans Spiced Apple sauce Choice of Milk |
| 31 Pasta & Meat Balls With Tomato sauce Tossed salad Chilled Pears Choice Of Milk | <div style="background-color: #f08080; padding: 5px; text-align: center;"> GRAB-N-GO! </div> <p style="text-align: center;"> Featured Daily; Hot Hamburger or Cheeseburgers on a whole grain bun Hot Chicken Patty Sandwich or Spicy Chicken Sandwich on a whole grain bun All served with crisp oven baked fries </p> | | <p style="text-align: center; color: #00a0e3;"> Our Made To Order Salad Bar Is Here! Crispy Salad Greens, Choices of crispy chicken, chopped egg, shredded cheese , grilled chicken, fresh tuna fish salad, just to name a few! Top with extra veggies and your favorite lite dressing. </p> | |

Special News...

Sandwiches of the day

- Turkey
- American Sub
- Turkey & Cheese
- Tuna
- Egg Salad
- Lo Sodium Ham & Cheese

All sandwiches are on 100% whole grain breads or wraps. Featuring **Boar's Head** Deli Brand Meats

PIZZA...

Enjoy a hot piece of delicious hand made cheese pizza

Or try one of our specialty pizzas;

- Veggie pizza**
- Chicken Parm Pizza**
- Meatball Pizza**

So many to choose from!

Menus are subject to change without notice.