

**SCHOOL DISTRICT OF HAVERFORD TOWNSHIP
ELEMENTARY SCHOOL LUNCH MENU**

OCTOBER 2019

AVAILABLE EVERYDAY

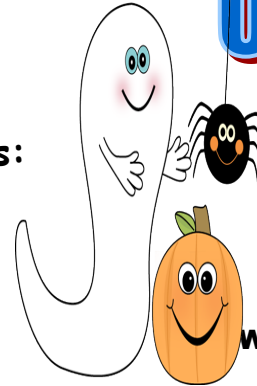
Daily Fruit Choices:

- Whole Orange
- Assorted Cupped Fruit
- Bag of Fresh Sliced Apples
- Seasonal Fresh Fruit Selections



Daily Vegetable Choices:

- Vegetable of the Day
- Tossed Salad
- Oven Potatoes
- Fresh Baby Carrots and Celery



- Whole Wheat Pizza**
- Assorted Sandwiches**
- Whole Wheat Grilled Cheese**
- Hot Dog**
- Whole Wheat Bagel w/cream cheese**
- Cereal w/yogurt**
- Peanut Butter & Jelly Sandwich**

STUDENT PLATTER

\$2.70

All platters include:

**Entrée, Vegetable, Fruit,
Non Fat Milk, 1% Milk**

Daily Homemade Soup and Sandwich Choices:

- MONDAY**—Chicken Noodle—Ham & Cheese Wrap
- TUESDAY**—Chicken Rice—Chicken Salad on Whole Wheat
- WEDNESDAY**—Minestrone—Turkey Hoagie
- THURSDAY**—Chicken Noodle—Ham & Cheese on Wheat
- FRIDAY**—Tomato – Tuna on Whole Wheat

Grab & Go Lunch

- Two String cheese sticks,**
- Whole Wheat Pretzel, Fresh Fruit Wedges**

Monday, October 7	Tuesday, October 8	Wednesday, October 9	Thursday, October 10	Friday, October 11
Cheeseburger Fries Fruit	Chicken Parmigiano Sandwich Pasta Salad, Fruit	HOLIDAY NO SCHOOL	Chicken Caesar Salad Fruit	Stuffed Crust Pizza Salad Fruit
Monday, October 14	Tuesday, October 15	Wednesday, October 16	Thursday, October 17	Friday, October 18
Cheese Steak Fries Fruit	Popcorn Chicken Corn Fruit	Mac & Cheese w/roll Broccoli Fruit	Italian Hoagie Chips Fruit	Mozzarella Sticks Bagged Carrots Fruit



Halloween



10 Fun Facts You Didn't Know About Halloween

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| 1. "Jack o'lantern" comes from the Irish legend of Stingy Jack | 6. Day of the Dead should really be called Days of the Dead |
| 2. Candy corn was originally called Chicken Feed | 7. Michael Myers' mask is actually a William Shatner mask |
| 3. Trick-or-treating comes from "souling" | 8. Halloween originated from an ancient Celtic festival |
| 4. The most lit jack o'lanterns on display is 30,581 | 9. Des Moines has a hilarious tradition called Beggars' Night |
| 5. Halloween folklore is full of fortune-telling and magic | 10. The White House is haunted |

Monday, October 21	Tuesday, October 22	Wednesday, October 23	Thursday, October 24	Friday, October 25
Chicken CheeseSteak Fries Fruit	Two Taco Tuesday Beef, lettuce, tomato Cheese, Fruit	Hot Pork Sandwich Mashed Potatoes Fruit	French Toast Sticks Sausage Fruit	Stuffed Crust Pizza Carrot Sticks Fruit
Monday, October 28	Tuesday, October 29	Wednesday, October 30	Thursday, October 31	Friday, November 1
Ravolio Bites Garlic Bread Salad, Fruit	Chicken Tenders Fries Fruit	Meatball Sub Pasta Fruit	IN SERVICE DAY NO LUNCH SERVED	Hot Dog Tater Tots Fruit
