



# Spaulding Lunch Menu

October 2022

**3**  
**Chicken Patty on a Bun**  
 Ham and Cheese sandwich  
 Chef Salad & a Roll  
 Mixed Vegetables

**4**  
**Pizza Sticks w/ Marinara Sauce**  
 Ham and Cheese sandwich  
 Chef Salad & a Roll  
 Broccoli

**5**  
**Waffles & Sausage**  
 Ham and Cheese sandwich  
 Chef Salad & a Roll  
 Apple Sauce

**6**  
**Pepperoni or Cheese Pizza**  
 Ham and Cheese sandwich  
 Chef Salad & a Roll  
 Sweet Potato Fries

**7**  
**No School**

**10**  
**No School**

**11**  
**Pizza Sticks w/ Marinara Sauce**  
 Turkey & Cheese Sandwich  
 Popcorn Chicken Salad & a Roll  
 Mixed Vegetables

**12**  
**Pancakes & Sausage**  
 Turkey & Cheese Sandwich  
 Popcorn Chicken Salad & a Roll  
 Hash Browns

**13**  
**Chicken Nuggets**  
 Turkey & Cheese Sandwich  
 Popcorn Chicken Salad & a Roll  
 Broccoli

**14**  
**Pepperoni or Cheese Pizza**  
 Turkey & Cheese Sandwich  
 Popcorn Chicken Salad & a Roll  
 Green Beans

**17**  
**Popcorn Chicken**  
 Tuna Salad Sandwich  
 Italian Salad w/ Ham & a Roll  
 Tater Tots

**18**  
**Pizza Sticks w/ Marinara Sauce**  
 Tuna Salad Sandwich  
 Italian Salad w/ Ham & a Roll  
 Carrots

**19**  
**Waffles & Sausage**  
 Tuna Salad Sandwich  
 Italian Salad w/ Ham & a Roll  
 Apple Sauce

**20**  
**Corn Dog**  
 Tuna Salad Sandwich  
 Italian Salad w/ Ham & a Roll  
 Broccoli

**21**  
**Pepperoni or Cheese Pizza**  
 Tuna Salad Sandwich  
 Italian Salad w/ Ham & a Roll  
 Roasted Chic Peas

**24**  
**Toasted Cheese Melt**  
 Ham & Cheese Grinder  
 Caesar Salad w/ a roll  
 Baked Beans

**25**  
**Pizza Sticks w/ Marinara Sauce**  
 Ham & Cheese Grinder  
 Caesar Salad w/ a roll  
 Corn

**26**  
**French Toast Sticks & Sausage**  
 Ham & Cheese Grinder  
 Caesar Salad w/ a roll  
 Hash Browns

**27**  
**Chicken Nuggets**  
 Ham & Cheese Grinder  
 Caesar Salad w/ a roll  
 Tater Tots

**28**  
**Pepperoni or Cheese Pizza**  
 Ham & Cheese Grinder  
 Caesar Salad w/ a roll  
 Broccoli

**31**  
**Meatball Sub**  
 Turkey & Cheese Sandwich  
 Popcorn Chicken Salad w/ a Roll  
 Corn

**1**  
**Pizza Sticks w/ Marinara Sauce**  
 Turkey & Cheese Sandwich  
 Popcorn Chicken Salad w/ a Roll  
 Broccoli

**2**  
**Pancakes & Sausage**  
 Turkey & Cheese Sandwich  
 Popcorn Chicken Salad w/ a Roll  
 Apple Sauce

**3**  
**Hamburger**  
 Turkey & Cheese Sandwich  
 Popcorn Chicken Salad w/ a Roll  
 Baked Beans

**4**  
**Pepperoni or Cheese Pizza**  
 Turkey & Cheese Sandwich  
 Popcorn Chicken Salad w/ a Roll  
 Green Beans

**Available Daily:**  
 Sunbutter & Jelly Sandwiches, Bagel Fun Lunches, Asst Fruits & Veggies, 1% Milk, Chocolate, Skim or Soy Milk, Asst Snacks  
 Cookies and Ice Cream Fridays only  
**Lunch includes entrée, milk, veggies, and/or fruit.**

**If your child receives free or reduce lunch, then they also qualify for free or reduce breakfast.**