

October

What's on the Menu? Greenwich Public Schools



2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
	"Breakfast for Lunch" French Toast Maple Syrup Chicken Sausage	"Taco Tuesday" Beef & Cheddar Cheese Burritos Brown Rice	Yom Kippur Schools Closed	Crispy Chicken Sandwich Seasoned Veggies	Cheese Pizza Homemade Whole Wheat Crust Vegetable Bites	
9	10	11	12	13	14	15
	"Breakfast for Lunch" Egg and Cheese Sandwich on a Roll Chicken Sausage	Cheese Quesadilla Seasoned Corn Roasted Sweet Plantains	Pasta du Jour Marinara or Meatsauce Toasted Garlic Bread	Chicken Tenders Whole Grain with Dipping Sauce Seasoned Green Beans	Cheese Pizza Homemade Whole Wheat Crust Vegetable Bites	
16	17	18	19	20	21	22
	"Breakfast for Lunch" Crispy Waffles Maple Syrup Chicken Sausage	"Taco Tuesday" Beef & Cheddar Cheese Burritos Brown Rice	Home Baked Macaroni & Cheese Bread Crust Crumble	"Celebrate World Food Day" Peruvian Chicken Rice and Beans	Cheese Pizza Homemade Whole Wheat Crust Vegetable Bites	
23	24	25	26	27	28	29
	"Breakfast for Lunch" Fluffy Pancakes Maple Syrup Chicken Sausage	Bean and Cheese Quesadilla Seasoned Corn	Pasta Marinara or Meatsauce Toasted Garlic Bread	Grilled Cheese Whole Wheat Tomato Soup	Cheese Pizza Homemade Whole Wheat Crust Vegetable Bites	

Available Daily: Whole Wheat Bagel with String Cheese, Sun Butter & Jelly Sandwich, WG Cereal w/String Cheese, Fruit, Granola & Yogurt Parfait, Homemade Hummus w/Crunchy Tortilla Chips. Unlimited Fresh Fruits and Vegetables included with your Meal. Fresh local skim milk and 1% milk offered daily. Gluten Free Bun available upon request.