

# CHARLES STRATTON OCTOBER Lunch Menu



## Choose 1 Entrée.

Lunch Includes:

Protein ~ Grain ~ Fruit ~ Veggie ~ Milk  
Choose at least 3 out of 5 components including a fruit or veggie. You may take 2 fruits & 2 veggies.

All salads come with a grain.

Daily Fruit offerings include: Fresh, Cupped & 100% Juice

| Monday-October 2                                                                                                                                      | Tuesday-October 3                                                                                                                           | Wednesday-October 4                                                                                                                        | Thursday-October 5                                                                                                                                | Friday-October 6                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>DAY A</b><br><u>Entrée #1</u><br><b>HOT DOG</b><br><u>Entrée #2</u><br><b>HAM &amp; CH. WRAP</b><br><u>Sides:</u><br><b>GREEN BEANS</b>            | <b>DAY B</b><br><u>Entrée #1</u><br><b>BEEF NACHOS</b><br><u>Entrée #2</u><br><b>EGG CHEESE BAGEL</b><br><u>Sides:</u> <b>CORN</b>          | <b>DAY C</b><br><u>Entrée #1</u><br><b>DUTCH WAFFLE</b><br><u>Entrée #2</u><br><b>GRILLED CHEESE</b><br><u>Sides:</u> <b>SMILEY FRIES</b>  | <b>DAY D</b><br><u>Entrée #1</u><br><b>POPCORN CHICKEN</b><br><u>Entrée #2</u><br><b>FISH STICKS</b><br><u>Sides:</u> <b>BROCCOLI</b>             | <b>DAY E</b><br><u>Entrée #1</u><br><b>CHEESE PIZZA</b><br><u>Entrée #2</u><br><b>PASTA &amp; MEATSAUCE</b><br><u>Sides:</u><br><b>CARROT COINS</b> |
| Monday-October 9                                                                                                                                      | Tuesday-October 10                                                                                                                          | Wednesday-October 11                                                                                                                       | Thursday-October 12                                                                                                                               | Friday-October 13                                                                                                                                   |
|                                                                                                                                                       | <b>DAY F</b><br><u>Entrée #1</u><br><b>TURKEY TACOS</b><br><u>Entrée #2</u><br><b>GARDEN SALAD</b><br><u>Sides:</u> <b>CORN</b>             | <b>DAY A</b><br><u>Entrée #1</u><br><b>PANCAKES</b><br><u>Entrée #2</u><br><b>CHEESEBURGER</b><br><u>Sides:</u><br><b>POTATO WEDGES</b>    | <b>DAY B</b><br><u>Entrée #1</u><br><b>CHICKEN TENDERS</b><br><u>Entrée #2</u><br><b>EGG CHEESE</b><br><u>Sides:</u><br><b>BBQ BAKED BEANS</b>    | <b>DAY C</b><br><u>Entrée #1</u><br><b>PIZZA DIPPERS</b><br><u>Entrée #2</u><br><b>CEREAL LUNCH</b><br><u>Sides:</u><br><b>Garden Salad Side</b>    |
| Monday-October 16                                                                                                                                     | Tuesday-October 17                                                                                                                          | Wednesday-October 18                                                                                                                       | Thursday-October 19                                                                                                                               | Friday-October 20                                                                                                                                   |
| <b>DAY D</b><br><u>Entrée #1</u><br><b>PASTA &amp; MEATBALLS</b><br><u>Entrée #2</u><br><b>BBQ PORK SANDW.</b><br><u>Sides:</u><br><b>GREEN BEANS</b> | <b>DAY E</b><br><u>Entrée #1</u><br><b>CHICKEN FAJITAS</b><br><u>Entrée #2</u><br><b>GARDEN SALAD</b><br><u>Sides:</u> <b>CORN</b>          | <b>DAY F</b><br><u>Entrée #1</u><br><b>WAFFLES</b><br><u>Entrée #2</u><br><b>BAGEL LUNCH</b><br><u>Sides:</u><br><b>SWEET POTATO FRIES</b> | <b>DAY A</b><br><u>Entrée #1</u><br><b>CHICKEN NUGGETS</b><br><u>Entrée #2</u><br><b>FISH STICKS</b><br><u>Sides:</u><br><b>BROCCOLI</b>          | <b>DAY B</b><br><u>Entrée #1</u><br><b>FR.BREAD PIZZA</b><br><u>Entrée #2</u><br><b>CHEESEBURGER</b><br><u>Sides:</u><br><b>CARROT COINS</b>        |
| Monday-October 23                                                                                                                                     | Tuesday-October 24                                                                                                                          | Wednesday-October 25                                                                                                                       | Thursday-October 26                                                                                                                               | Friday-October 27                                                                                                                                   |
| <b>DAY C</b><br><u>Entrée #1</u><br><b>HAM CH. MELT</b><br><u>Entrée #2</u><br><b>GRILLED CHEESE</b><br><u>Sides:</u><br><b>GREEN BEANS</b>           | <b>DAY D</b><br><u>Entrée #1</u><br><b>QUESADILLA PIZZA</b><br><u>Entrée #2</u><br><b>TURKEY TACO SALAD</b><br><u>Sides:</u><br><b>CORN</b> | <b>DAY E</b><br><u>Entrée #1</u><br><b>FRENCH TST STICKS</b><br><u>Entrée #2</u><br><b>HOT DOG</b><br><u>Sides:</u><br><b>SMILEY FRIES</b> | <b>DAY F</b><br><u>Entrée #1</u><br><b>CHICKEN PATTY</b><br><u>Entrée #2</u><br><b>EGG &amp; CHEESE</b><br><u>Sides:</u><br><b>CHEESY SPINACH</b> | <b>DAY A</b><br><u>Entrée #1</u><br><b>PIZZA BAGELS</b><br><u>Entrée #2</u><br><b>CEREAL LUNCH</b><br><u>Sides:</u><br><b>Garden Salad Side</b>     |
| Monday-October 30                                                                                                                                     | Tuesday-October 31                                                                                                                          |                                                                                                                                            |                                                                                                                                                   |                                                                                                                                                     |
| <b>DAY B</b><br><u>Entrée #1</u><br><b>MINI CORN DOGS</b><br><u>Entrée #2</u><br><b>BAGEL LUNCH</b><br><u>Sides:</u> <b>GREEN BEANS</b>               | <b>DAY C</b><br><u>Entrée #1</u><br><b>TURKEY TACO WRAP</b><br><u>Entrée #2</u><br><b>PIZZA CRUNCHERS</b><br><u>Sides:</u> <b>CORN</b>      | = Vegetarian Ingredients                                                                                                                   |                                                                                                                                                   |                                                                                                                                                     |

## CAFÉ CONTACT INFO:

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Milk: Skim Chocolate, 1% White, Skim Strawberry

\*Menu subject to change.

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