

Food Services Director: Nathan Shefter  
 nshefter@Fleetwoodasd.org

Please check the District Website, Food Services Tab to learn more.

Sign Up for Schoolcafe.com to apply for free/reduced meals, Look up nutritionals & make payments. Set up an account to receive low balance alerts.



## Fleetwood Area School District Elementary School Lunch Menu October 2023



### Meal Prices

Breakfast	Lunch
Student - Free	Student - \$3.00
Adult - \$ 2.25	Reduced - Free
	Adult - \$4.75

\*\* Menu Subject to Change\*\*

B MEAL OPTION OFFERED WEEKLY	Monday	Tuesday	Wednesday	Thursday	Friday
	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Deli Sandwich- Roatating options	A. French Toast Sticks w/Ham Slice  Hash Browns Celery Sticks	A. Cheese Pizza Slice  Steamed Broccoli Salad Greens	A. Walking Tacos  Fiesta Beans Corn WG Churro	A. Dutch Waffle w/ Sausage Links  Carrots Fresh Veggie Variety	Cold lunch  PB & J Meal: Pb&J Uncrustable, String Cheese, Graham Crackers
C MEAL OPTION OFFERED DAILY:					<b>Early Dismissal</b>
Yogurt Meal: Yogurt, String Cheese, WG Muffin, Graham Crackers	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
	<b>No School</b>	A. Cheeseburger on Bun  Lettuce & Tomato Baked Beans Smile Fries	A. Calzonette's w/ Marinara Sauce  Broccoli Chips	A. Chicken Bacon Ranch Pasta w/Breadstick  Steamed Broccoli Salad Greens	A. Meatball Sub  California Blend Curly Fries
OFFERED DAILY: Fresh Fruits and Vegetables 100% Fruit Juice Fruit rotation dependent on availability*	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Fruit Options* Juice Variety, Apple Slices, Bananas, Peaches, Pears, Pineapple Tidbits, Grapes, Strawberries, Mandarin Oranges, Navel Oranges, Fruit Cocktail  ** Fruits & Vegetables Provided Depends On Availability** We will substitute when necessary	A. Chicken & Waffles  Sweet Potato Waffle Fries Broccoli	A. Cheesy Pull Aparts  Tomato Soup Side salad	A. Popcorn Chicken  Mashed Potatoes Corn	A. Mac & Cheese  Garlic Knots Glazed Carrots	A. Hot Ham & Cheese on Pretzel Roll  Sweet Potato Fries Side Salad
	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
	A.Chicken Patty  Smile Fries Corn	A. Rotini Pasta w/ Sauce, Meatballs & Garlic Toast  Broccoli Salad Greens	A. Mega Mini Chicken Nuggets w/ Roll  Green Beans Sweet Potato Fries	A. Subway meal  Chips Glazed Carrots	A. Hot Dog On Bun  Baked Beans Tater Tots
MILK CHOICES 1% AND SKIM White Chocolate Skim Strawberry (Soy Milk is available for students w/dairy)	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Equal Opportunity Institution. Menu Subject to Change.	A. Maxi Pizza Sticks  Sweet Potato Puff Side Salad	A. Boo Berry Waffles  Hash Browns Syrup	A. Lunch Box Meal:  Yogurt, Turkey Coin Slices, Cheese Stick, Fresh Baked Soft Pretzel, Graham Cracker Cookie Carrot Sticks Apple Snack Pack	A. Chicken Tenders w/ Roll  Carrot Coins Salad Greens	A. Cheese Pizza Slice  Steamed Broccoli Salad Greens

### The Tiger LUNCH Meal Deal

Choose ONE Entree:

- A. Daily Entree Special
- B. Alternate Meal
- C. Yogurt Meal

Choose up to TWO Sides of Fruit:

- Fresh Fruit
- Fruit Cup
- Fruit Juice (only 1 serving)

Choose up to TWO Sides of

- Veggies:**
- Daily Vegetable
- Assorted Vegetable Cup

Interested in substituting in Food Service, please contact Mr. Shefter @ 610-944-8111 ext. 10600.

Don't Forget - Take at least ONE Fruit or Veggie. And at least THREE items total so your meal counts as a complete lunch.



