



# Greenwich K-8 October Lunch Menu 2024



		Monday	Tuesday	Wednesday	Thursday	Friday
		September 30	October 1	2	3	4
		Chicken Nuggets (D) French Fries (S)	Grilled Cheese (V),(D) Sweet Potato Fries (V)	Pasta Meatballs w/ Sauce (D) Breadstick (D) Roasted Broccoli (VE)	<b>NO SCHOOL ROSH HASHANAH</b>	Cheese Pizza (V)(D) Pepperoni Pizza Roasted Chick Peas (VE)
		7	8	9	10	11
Famer Week we will hight special item at Breakfast & Lunch October 7-11		French Toast Sticks (V)(D) Sausage Tater Tots	All Beef Hot Dogs (D) Vegetarian Baked Beans (V)	Pasta w/Meat Sauce Garlic Bread Garden Salad (V,GF)	Chicken Tenders w/ Brown Rice Garlic String Beans (VE)	Cheese Pizza (V)(D) Pepperoni Pizza Roasted Carrots (VE)
		14	15	16	17	18
		Chicken Quesadilla w/Salsa Roasted Corn (V,GF)	Bosco Sticks w/sauce (V,D) Garden Salad (V)	Mac & Cheese (V,D) Dinner Roll Steamed Broc (V)	Super Chicken Sandwich w/Roasted Chick Peas (V)	Cheese Pizza (V)(D) Pepperoni Pizza Sweet Potato Fries (VE)
		21	22	23	24	25
		Pancakes (V),(D) Sausage Tator Tots(VE)	Meat Nachos with Chips & Cheese (D) Roasted Black Beans (VE)	Pasta Meatballs w/ Sauce (D) Breadstick (D) Roasted Broccoli (VE)	Chicken Parm Sandwich (D) Sweet Potato Fries (VE)	Cheese Pizza (V)(D) Pepperoni Pizza Garlic Green Beans (VE)
		28	29	30	31	
		Egg & Cheese Crossiant (D) Sausage Roasted Carrots(V)	Chicken Nuggets (D) w/ Brown Rice Peas & Carrots (VE)	Pasta w/Meat Sauce Garlic Bread Roasted Broccoli (V,GF)	Spooky Pretzel Dogs W/Ghost Mashed Potato (V)	
DAILY WEEKLY OFFERINGS	<b>Monday</b>	Sunflower Butter & Jelly Sandwich (VE)	<b>Tuesday</b>	Sunflower Butter & Jelly Sandwich (VE)	<b>Wednesday</b>	Sunflower Butter & Jelly Sandwich (VE)
		Ham & Cheese Sandwich Turkey & Cheese Sandwich Veggie Wrap (GF)		Ham & Cheese Sandwich Turkey & Cheese Sandwich Veggie Wrap (GF)		Ham & Cheese Sandwich Turkey & Cheese Sandwich Veggie Wrap (GF)
		Yogurt Parfait (V)		Yogurt Parfait (V)		Yogurt Parfait (V)
		Cheese Sandwich (V)		Chicken Cesear Salad (V)		Cheese Sandwich (V)
Vegan Item (VE)- Aplant based food that consists of whole grains, vegetable, legumes and fruit. Vegetarian Item (V) - a food that consists of whole grains, vegetables, legumes, nuts, fruit, eggs, dairy excludes animal products Gluten Free Item (GF)- a food that contains no gluten, or flour <span style="float: right;">Dairy-(D)</span> all items contains,milk eggs,butter						
<b>Daily Milk Offerings</b>		1% Low-Fat (V) (D) FAT FREE (V)(D)	Attention Pre-K Students CANNOT be offered Chocolate Milk or Cookies	<b>Daily Seasonal Fresh &amp; Canned Fruit</b>		All Menus are subject to Change Upon Vendor Availability
				Apples, Banana, Grapes , Oranges, Apple Sauce,Diced Pears, Pineapple, Peaches <span style="color: red;">Gluten Free Items are Available Daily</span>		

