



This institution
is an equal
opportunity
provider.

Food Service Position Available
Chatfield-LoPresti School
For More Information
Contact Cindy Brooks
cbrooks@seymourschools.org

Daily Offerings

Breakfast Menu

Assorted Cereal, Breakfast Sandwich
Assorted Muffins or Cinnamon Buns
Fruit Juice & Milk Included

Your Complete Lunch will Include:

1. Start with at least One Fruit or Vegetable
 - Assorted Fresh & Canned Fruit
 - Fresh Rainbow Vegetable Tray
 - Baby Carrots
 - Hot Vegetable of the Day
2. Choose One Daily Menu Entrée Items:
In addition offered daily:
 - Chef Salad
 - Boars Head Deli Bar
 - Variety of Pizza
3. Choose One 8 oz. Milk
 - Low-Fat White or Flavored Milk

Tuesday, October 1

Choice of One Entrée:

Chicken & Cheese
Quesadilla w/ Brown Rice
Corn

Or

- ◆ Boars Head Deli Bar
- ◆ Chef Salads
- ◆ Pizza

Vegetable Dragon Juice
Assorted Fresh
Vegetables
Fruit and milk Choices

Wednesday, October 2

Choice of One Entrée:

Mozzarella Sticks w/
Marinara Sauce
Fresh Steamed Green
Beans

Or

- ◆ Boars Head Deli Bar
- ◆ Chef Salads
- ◆ Pizza

Assorted Fresh
Vegetables
Fruit and milk Choices

Thursday, October 3

Choice of One Entrée:

Mandarin Orange
Chicken w/ Brown Rice
Broccoli

Or

- ◆ Boars Head Deli Bar
- ◆ Chef Salads
- ◆ Pizza

Assorted Fresh
Vegetables
Fruit and milk Choices

Friday, October 4

Choice of One Entrée:

Philly Steak w/cheese
Onions & Peppers
Oven Fries

Or

- ◆ Boars head Deli Bar
- ◆ Chef Salads
- ◆ Pizza

Vegetable Dragon Juice
Assorted Fresh
Vegetables
Fruit and milk Choices

Monday, October 7

Choice of One Entrée:

Cheeseburger on bun
Sweet Potato Fries
Lettuce, Tomato, Pickles

Or

- ◆ Boars Head Deli Bar
- ◆ Chef Salads
- ◆ Pizza

Assorted Fresh
Vegetables
Fruit and milk Choices

Tuesday, October 8

Choice of One Entrée:

Tacos w/ Lettuce,
Tomato, Cheese, Salsa
Corn

Or

- ◆ Boars Head Deli Bar
- ◆ Chef Salads
- ◆ Pizza

Vegetable Dragon Juice
Assorted Fresh
Vegetables
Fruit and milk Choices

Wednesday, October 9

Choice of One Entrée:

Meatball Grinder w/
mozzarella cheese
Steamed Broccoli

Or

- ◆ Boars Head Deli Bar
- ◆ Chef Salads
- ◆ Pizza

Assorted Fresh
Vegetables
Fruit and milk Choices

Thursday, October 10

Choice of One Entrée:

Chicken Filet on bun
Lettuce, Tomato, Pickles
Oven Fries

Or

- ◆ Boars Head Deli Bar
- ◆ Chef Salads
- ◆ Pizza

Assorted Fresh
Vegetables
Fruit and milk Choices

Friday, October 11

Choice of One Entrée:

Dutch Waffle w/syrup
Hash Brown & Chicken
Sausage Patty

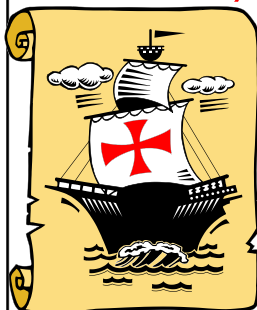
Or

- ◆ Boars Head Deli Bar
- ◆ Chef Salads
- ◆ Pizza

Vegetable Dragon Juice
Assorted Fresh
Vegetables
Fruit and milk Choices

Monday, October 14

Columbus Day



No School

Tuesday, October 15

Choice of One Entrée:

Chicken & Cheese
Quesadilla w/ Brown Rice
Corn

Or

- ◆ Boars Head Deli Bar
- ◆ Chef Salads
- ◆ Pizza

Vegetable Dragon Juice
Assorted Fresh
Vegetables
Fruit and milk Choices

Wednesday, October 16

Choice of One Entrée:

Cheese Pizza Crunchers
w/ Marinara Sauce
Steamed Broccoli

Or

- ◆ Boars Head Deli Bar
- ◆ Chef Salads
- ◆ Pizza

Assorted Fresh
Vegetables
Fruit and milk Choices

Thursday, October 17

Choice of One Entrée:

Boneless Chicken Wings
Oven Fries

Or

- ◆ Boars Head Deli Bar
- ◆ Chef Salads
- ◆ Pizza

Assorted Fresh
Vegetables
Fruit and milk Choices

Friday, October 18

Choice of One Entrée:

Philly Steak w/cheese
Onions & Peppers

Or

- ◆ Boars Head Deli Bar
- ◆ Chef Salads
- ◆ Pizza

Vegetable Dragon Juice
Assorted Fresh
Vegetables
Fruit and milk Choices

NUTRITION 70/30

Microwaved foods may actually retain more nutrients than foods cooked by traditional methods. For example, spinach retains all of its folate (a B vitamin) when microwaved, but only 70% when boiled. Food that's cooked for less time (and in less water) generally keeps more of the good stuff. And always use a microwave-safe container!

A QUICK BITE FOR PARENTS



What's orange, sweet, AND good for you?

Sweet potatoes are naturally sweet, candy-colored veggies. And they're fun to make, too! Mash two baked sweet potatoes with a tablespoon of olive oil, a couple tablespoons of OJ, and half a teaspoon of a spice called garam masala (Google it!). Try this sweet, healthy treat in October, and you'll want to gobble it all winter long!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, October 21	Tuesday, October 22	Wednesday, October 23	Thursday, October 24	Friday, October 25
Choice of One Entrée: Chicken Filet on bun Oven Fres Or ◆ Boars Head Deli Bar ◆ Chef Salads ◆ Pizza Assorted Fresh Vegetables Fruit and milk Choices	Choice of One Entrée: Beef Nachos w/Lettuce, Tomatoes, Cheese, Salsa & Corn Or ◆ Boars Head Deli Bar ◆ Chef Salads ◆ Pizza Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices	Choice of One Entrée: Cheese Breadsticks Dunkers w/Marinara Sauce & Green Beans Or ◆ Boars Head Deli Bar ◆ Chef Salads ◆ Pizza Assorted Fresh Vegetables Fruit and milk Choices	Choice of One Entrée: Mandarin Orange Chicken Brown Rice & Broccoli Or ◆ Boars Head Deli Bar ◆ Chef Salads ◆ Pizza Assorted Fresh Vegetables Fruit and milk Choices	Choice of One Entrée: Cheeseburger on bun Lettuce, Tomato, Pickles Sweet Potato Fries Or ◆ Boars Head Deli Bar ◆ Chef Salads ◆ Pizza Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices

Monday, October 28	Tuesday, October 29	Wednesday, October 30	Thursday, October 31
Choice of One Entrée: Dutch Waffle w/syrup Hash Brown & Chicken Sausage Patty Or ◆ Boars Head Deli Bar ◆ Chef Salads ◆ Pizza Assorted Fresh Vegetables Fruit and milk Choices	Choice of One Entrée: Chicken & Cheese Quesadilla w/ Brown Rice Corn Or ◆ Boars Head Deli Bar ◆ Chef Salads ◆ Pizza Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices	Choice of One Entrée: Mozzarella Sticks w/ Marinara Sauce Green Beans Or ◆ Boars Head Deli Bar ◆ Chef Salads ◆ Pizza Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices	Choice of One Entrée: Mandarin Orange Chicken w/ Brown Rice Broccoli Or ◆ Boars Head Deli Bar ◆ Chef Salads ◆ Pizza Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices

STAY ALERT & BE SAFE!



YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!

OUR NATION'S HISTORY

October brings the 120th renewal of the Baseball World Series. One of the greatest hitters ever, Ted Williams of the Boston Red Sox, only played in the World Series once during his long career from 1939 to 1960. During the prime of his career, however, Williams spent the better part of five baseball seasons serving as a fighter pilot in World War II and the Korean War, flying dozens of combat missions and earning 3 Air Medals.

WITH LIBERTY & JUSTICE FOR ALL