



This institution
is an equal
opportunity

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

Daily Offerings

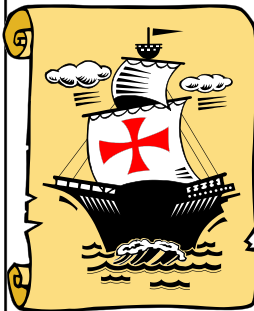
Breakfast Menu
Assorted Cereal, Breakfast Sandwich
Assorted Muffins or Cinnamon Buns
Fruit Juice & Milk Included

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
 - Deli Sandwiches
 - Smuckers Uncrustable PBJ
 - Variety of Pizza
3. **Choose One 8 oz. Milk**
 - Low-Fat White or Flavored Milk

Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
Choice of One Entrée: ♦ Chicken Patty on roll Oven Fries ♦ Ham & Cheese Sandwich ♦ Chef Salad ♦ Bagel & Yogurt Plate	Choice of One Entrée: ♦ Mozzarella Sticks w/ Marinara Sauce Green Beans ♦ Turkey & Cheese Sandwich ♦ Chef Salad ♦ Bagel & Yogurt Plate	Choice of One Entrée: ♦ Popcorn Chicken w/ Corn Muffin Mashed Potatoes, Gravy ♦ Ham & Cheese Sandwich ♦ Chef Salad ♦ Bagel & Yogurt Plate	Choice of One Entrée: ♦ Big Daddy Cheese Pizza w/ Mixed Green Salad ♦ Turkey & Cheese Sandwich ♦ Chef Salad ♦ Bagel & Yogurt Plate
Vegetable Dragon Juice Rainbow Vegetable Tray Fruit and milk Choices	Rainbow Vegetable Tray Fruit and milk Choices	Assorted Fresh Vegetables Fruit and milk Choices	Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices

Monday, October 7	Tuesday, October 8	Wednesday, October 9	Thursday, October 10	Friday, October 11
Choice of One Entrée: ♦ Cheeseburger on bun Sweet Potato Fries ♦ Turkey & Cheese Sandwich ♦ Chef Salad ♦ Bagel & Yogurt Plate	Choice of One Entrée: ♦ Chicken Nuggets w/ Brown Rice & Steamed Carrots ♦ Ham & Cheese Sandwich ♦ Chef Salad ♦ Bagel & Yogurt Plate	Choice of One Entrée: ♦ Pizza Crunchers w/ Marinara Sauce Steamed Broccoli ♦ Turkey & Cheese Sandwich ♦ Chef Salad ♦ Bagel & Yogurt Plate	Choice of One Entrée: ♦ Mini Pancakes w/ syrup Chicken Sausage Patty Hash Brown Potato ♦ Ham & Cheese Sandwich ♦ Chef Salad	Choice of One Entrée: ♦ Big Daddy Cheese Pizza w/ Mixed Green Salad ♦ Turkey & Cheese Sandwich ♦ Chef Salads ♦ Bagel & Yogurt Plate
Assorted Fresh Vegetables Fruit and milk Choices	Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices	Assorted Fresh Vegetables Fruit and milk Choices	Assorted Fresh Vegetables Fruit and milk Choices	Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices

Monday, October 14	Tuesday, October 15	Wednesday, October 16	Thursday, October 17	Friday, October 18
Columbus Day  No School	Choice of One Entrée: ♦ Chicken Patty on bun ♦ Ham & Cheese Sandwich ♦ Chef Salad ♦ Bagel & Yogurt Plate	Choice of One Entrée: ♦ Mozzarella Sticks w/ Marinara Sauce Steamed Broccoli ♦ Turkey & Cheese Sandwich ♦ Chef Salad ♦ Bagel & Yogurt Plate	Choice of One Entrée: ♦ Philly Steak & Cheese on bun Oven Fries ♦ Ham & Cheese Sandwich ♦ Chef Salads ♦ Bagel & Yogurt Plate	Choice of One Entrée: ♦ Big Daddy Cheese Pizza w/ Mixed Green Salad ♦ Turkey & Cheese Sandwich ♦ Chef Salads ♦ Bagel & Yogurt Plate
	Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices	Assorted Fresh Vegetables Fruit and milk Choices	Assorted Fresh Vegetables Fruit and milk Choices	Vegetable Dragon Juice Assorted Fresh Vegetables Fruit and milk Choices



TRICK.

No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for kids or adults.

For those who feel they MUST collect candy, pick out a couple of favorite pieces and then toss the rest.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



What's on **YOUR** plate?

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

Choice of One Entrée:

- ◆ Cheeseburger on bun w/Oven Fries
- ◆ Turkey & Cheese Sandwich
- ◆ Chef Salad
- ◆ Bagel & Yogurt Plate

Assorted Fresh Vegetables
Fruit and milk Choices

Tuesday, October 22

Choice of One Entrée:

- ◆ Mandarin Orange Chicken w/Brown Rice & Broccoli
- ◆ Ham & Cheese Sandwich
- ◆ Chef Salad
- ◆ Bagel & Yogurt Plate

Vegetable Dragon Juice
Assorted Fresh Vegetables
Fruit and milk Choices

Wednesday, October 23

Choice of One Entrée:

- ◆ Meatball Griner w/ Mozzarella Cheese Green Bean
- ◆ Turkey Cheese Sandwich
- ◆ Chef Salad
- ◆ Bagel & Yogurt Plate

Assorted Fresh Vegetables
Fruit and milk Choices

Thursday, October 24

Choice of One Entrée:

- ◆ Chicken Nuggets w/ Dinner Roll & Sweet Potato Fries
- ◆ Ham & Cheese Sandwich
- ◆ Chef Salad
- ◆ Bagel & Yogurt Plate

Assorted Fresh Vegetables
Fruit and milk Choices

Friday, October 25

Choice of One Entrée:

- ◆ Big Daddy Cheese Pizza w/Mixed Green Salad
- ◆ Turkey & Cheese Sandwich
- ◆ Chef Salads
- ◆ Bagel & Yogurt Plate

Vegetable Dragon Juice
Assorted Fresh Vegetables
Fruit and milk Choices

Monday, October 28

Choice of One Entrée:

- ◆ Hot Dog on bun w/ Oven Fries w/ Baked Beans
- ◆ Turkey & Cheese Sandwich
- ◆ Chef Salad
- ◆ Bagel & Yogurt Plate

Assorted Fresh Vegetables
Fruit and milk Choices

Tuesday, October 29

Choice of One Entrée:

- ◆ Dutch Waffle w/ Syrup w/Chicken Sausage & Hash Brown Potato
- ◆ Ham & Cheese Sandwich
- ◆ Chef Salad
- ◆ Bagel & Yogurt Plate

Vegetable Dragon Juice
Assorted Fresh Vegetables
Fruit and milk Choices

Wednesday, October 30

Choice of One Entrée:

- ◆ Mozzarella Sticks w/ Marinara Sauce Green Beans
- ◆ Turkey & Cheese Sandwich
- ◆ Chef Salad
- ◆ Bagel & Yogurt Plate

Vegetable Dragon Juice
Assorted Fresh Vegetables
Fruit and milk Choices

Thursday, October 31

Choice of One Entrée:

- ◆ Popcorn Chicken w/ Corn Muffin Mashed Potatoes, Gravy
- ◆ Ham & Cheese Sandwich
- ◆ Chef Salad
- ◆ Bagel & Yogurt Plate

Vegetable Dragon Juice
Assorted Fresh Vegetables

**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