

# Shelter Rock Lunch Menu October 2024

## Meal Price:

**Paid: \$3.00**

Adult Lunch Meal: \$5.03+tax

## More Info...

**Daily Milk Offerings:** 1% White, Fat Free White, Fat Free Chocolate (all antibiotic & hormone free)

**Daily Fruit Offerings:** Apple, Orange, Banana, 100% Apple Juice or 100% Fruit Punch

**Daily Vegetable Offerings:** Baby Carrots & Side Garden Salad

## Available Daily:

- Sunflower Seed Butter w/ Jelly Sandwich on WG Bread **V**
- Bagel Meal: Fresh NY-Style Bagel w/ 2 cheese stick **V**
- Fruit and Yogurt with Granola **V**
- Turkey and Cheese on WG Bread or Wrap
- Ham & Cheese on WG Bread or Wrap **P**

**Please Note:** (WG) denotes whole grain, (P) denotes item may contain pork, **V** denotes Vegetarian option, (\*)

All deli sandwiches made with Boar's Head meats

**Grades K-12 are offer vs serve and must choose at least 3, up to 5, of the below mentioned items. One of the choices must be a fruit or vegetable.**

-Meat/Meat Alternate

-Vegetable

-Whole Grain Item

-Fruit

-Milk

**Return of Pretzel Thursday's 1.25 must have funded account.**

5

1  
Homemade Turkey Meatballs with Pasta and Marinara Sc.  
Dinner Roll  
Steamed Spinach  
Sautéed Green Beans  
Apple/Grapes  
**Make Your Own Yogurt Bar**

2  
Chicken & Cheese Or  
Cheese Quesadilla  
Baked Plantains  
Tomato Salad  
Grapes  
Melon Cup

3  
Rosh Hashanah  
School Closed

4  
Rosh Hashanah  
School Closed

7  
Homemade Baked Ziti  
French Bread  
Caesar Salad  
Sautéed Zucchini  
Grapes  
Watermelon Cup

8  
Grilled Cheese  
Sautéed Green Beans  
Garbanzo Beans  
Orange  
Kiwi Halves  
**Make Your Own Salad Bar**

9  
Homemade Pancakes with Syrup  
Chicken Sausage  
Steamed Spinach  
Tomato Salad  
100% Orange Juice  
Melon Cup

10  
Mac & Cheese Or BBQ Mac & Cheese  
Steamed Spinach  
Red Pepper Strips  
Banana  
Orange  
**Pretzel 1.25**

11  
Pepperoni or Cheese Pizza  
Grape Tomato  
Garden Salad  
Berry Cup  
Apple

14  
Columbus Day  
School Closed

15  
Beef Nachos  
Shredded Cheese, Salsa, Sour Cream  
Black Beans  
Corn  
Melon Cup  
Apple  
**Make your own Yogurt Bar**

16  
Chicken Leg  
Dinner Roll  
Mashed Sweet Potato  
Sautéed Green Beans  
Grapes  
Peach Cup

17  
Pulled Pork Sand  
Homemade Coleslaw  
Grilled Zucchini  
Peach Cup  
Orange  
**Pretzel 1.25**

18  
Pepperoni or Cheese Pizza  
Baby Carrots with Dip  
Garden Salad  
Pear  
Mixed Fruit Cup

21  
Cheese Ravioli With Marinara Sauce  
French Bread  
Oven Roasted Broccoli  
Caesar Salad  
Pear  
Fruit Cocktail

22  
Chicken and Cheese Burrito  
Tortilla filled with Brown Rice, Corn, Black Beans & Cheese  
Peach Cup  
Apple Sauce  
**Make your own Salad Bar**

23  
**Burger Bar**  
Choice of Beef, Turkey and Veggie  
On a WG Bun  
Choice of Toppings  
Spiral Fries  
Cucumber Coins  
Grapes/Peach Cup

24  
BBQ Chicken Sandwich  
Broccoli Florets  
Glazed Carrots  
Pineapple Cup  
Watermelon  
**Pretzel 1.25**

25  
Pepperoni or Cheese Pizza  
Garbanzo Beans  
Garden Salad  
Berry Cup  
Apple

28  
**Brunch For Lunch**  
French Toast with Syrup  
Chicken Sausage Patties  
Tater Tots  
Steamed Carrots  
Apple/Orange

29  
Twin Tacos  
With all the fixings  
Fiesta Rice  
Black Beans  
Butternut Squash  
Fruit Cocktail  
Kiwi Halves  
**Make Your Own Yogurt Bar**

30  
Grilled Chicken  
Brown Rice  
Steamed Spinach  
Red Pepper Strips  
Banana  
Orange

31  
Pasta with Meat Sauce  
Garlic Bread  
Garden Salad  
Sautéed Green Beans  
Peach Cup  
Melon Cup  
**Pretzel 1.25**

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