

OCTOBER | 2024



Carter Elementary

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30 Menus are subject to change based on the availability of products.</p>	<p>1 Cheeseburger Steamed Broccoli Assorted Fruit Cups Milk or Pulled Pork Sandwich</p>	<p>2 Ravioli & Breadstick Steamed Green Beans Sliced Apples Milk or EZ Jammer Sandwich</p>	<p>3 Chicken Smackers Mashed Potatoes & Gravy Whole Grain Roll Banana Milk or Tuna Sandwich</p>	<p>4 Nachos Supreme Refried Beans 100% Fruit Bar & Fresh Pear Graham Cracker Milk or Soft Taco Supreme Cookie \$0.50</p>
<p>7 Fish Shapes Whole Grain Roll Potato Smiles Pineapple Tidbits Milk or Chicken Patty Sandwich</p>	<p>8 Pepperoni Pizza Slice Steamed Green Beans Applesauce Cup Milk or Ham Sandwich Vanilla Ice Cream Cup</p>	<p>9 Early Release Lunch before dismissal Ham and Cheese Lunchable Assorted Veggies Assorted Fruit Milk</p>	<p>10 Chicken Tenders & Waffles Steamed Carrots Whole Grain Roll Orange Slice Milk or Chicken Quesadilla</p>	<p>11 Soft Taco Supreme Refried Beans 100% Juice Frozen Fruit Smoothie, Graham Cracker & Milk or Walking Taco Cookie \$0.50</p>
<p>14 No School</p>	<p>15 Mini Pancakes Sausage Links Hash Browns Fresh Grapes Milk or Turkey Sandwich</p>	<p>16 Ham Sub Sandwich Small bag of chips Assorted Veggie Bags Pear Cup Milk or Pepperoni & Cheese Calzone</p>	<p>17 Whole Grain Rotini & Meat Sauce Garlic Toast, Steamed Broccoli, Banana, Small Rice Krispie treat Milk or Ham Sandwich</p>	<p>18 Nachos Supreme Refried Beans 100% Fruit Bar & Fresh Pear Graham Cracker Milk or Soft Taco Supreme Cookie \$0.50</p>
<p>21 Baked Chicken Drumstick & Mashed Potatoes Whole Grain Roll Diced Pears, Milk or Ham Sandwich</p>	<p>22 Chicken Quesadilla Baby Carrots Peach Cups Jello Cups Milk or Bosco Sticks & Marinara</p>	<p>23 Pepperoni Pizza Slice Steamed Green Beans Applesauce Cup Milk or Ham Sandwich</p>	<p>24 Hot Dog Small Bag of Chips Baked Beans Mandarin Orange Cup Milk or Tuna Sandwich</p>	<p>25 Soft Taco Supreme Refried Beans 100% Juice Frozen Fruit Smoothie, Graham Cracker & Milk or Walking Taco Cookie \$0.50</p>
<p>28 Macaroni & Cheese Whole Grain Roll Steamed Broccoli Strawberries Milk or Turkey Sub</p>	<p>29 Pizza Lunchable Steamed Green Beans Graham Cracker Blueberries Milk or Chef Salad & Breadstick</p>	<p>30 Grilled Cheese Tomato Soup Tossed Salad Pear Cups Milk or Ham Sandwich</p>	<p>31 Early Release Lunch before dismissal EZ Jammer Sandwich Assorted Veggies Apple Slices Milk</p>	<p>1</p>

News

**1-2 oz. protein/meat,
3/4 - 1 cup vegetables,
1/2 - 1 cup fruit, 1-2
breads/grains and 1 cup
milk per day. Milk
choices include Fat free
chocolate and 1% white
milk. Menu is subject
to change due to
availability of products.
Any questions or
concerns call Angie
Florian at 810-591-8854**

**You can track your
child's lunch purchases
and balances at
<https://montrose.familyportal.cloud>
You can make deposits
via cash, check, debit
and credit card.**

**Lunch Prices:
Student Lunch: Free**

**Adults \$5.20
Extra Entrée \$1.50
Extra Fruit or
Veggie \$0.75
Extra Milk \$0.50**