

Lunch Menu

Concord Road Elementary School

October 2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday



Tuesday

Wednesday

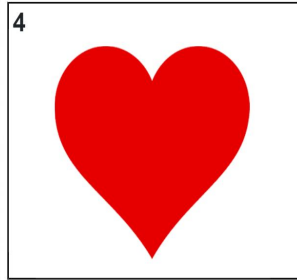
Thursday

Friday

1 Soft Tacos 🌮
Cheesy Stuffed Bread Sticks 🌿
Black Beans
Baked Sweet Potato
Fresh Apple
National Soft Taco Day!
* Turkey Taco

2 Crispy Chicken Sandwich
warm crispy breaded chicken on a bun prepared in-house
Chicken Nuggets
Potato Puffs
Cucumber Coins
Fresh Banana

SCHOOL CLOSED TODAY



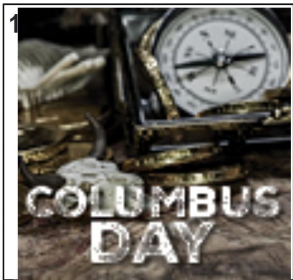
7 Homemade Mac & Cheese 🌿 🌮
Or Crispy Popcorn Chicken
Dinner Rolls
Steamed Peas
Baby Carrots
Fresh Pear

8 Beef Hot Dog on Bun
Cheesy Stuffed Bread Sticks 🌿
Heartzel Pretzels
Roasted Squash
Side Salad
Fresh Banana
* Butternut Squash
Nat'l Pretzel Day!

9 Belgian Waffle with Caramelized Apples 🌿
* Chicken 🌮
Chicken Nuggets
Sausage Patty
Syrup
Potato Puffs
Fresh Orange

10 Sloppy Joe Nachos
tortilla chips topped with sloppy joe meat 🌮
Cheese Quesadilla 🌿
Black Bean and Pepper Salad
Sauteed Kale
Fresh Blueberries
* Beef

11 Classic Cheese Pizza 🌿 🌮
Pepperoni Pizza P
Steamed Broccoli
Cucumber Coins
Fresh Apple



15 Cheese Quesadilla
freshly grilled flour tortilla with melted cheese 🌿
Cheesy Stuffed Bread Sticks 🌿
Seasoned Rice
Black Beans
Fresh Apple

16 Whole Grain Pancakes with Sausage
Chicken Nuggets
Crispy Potato Puffs
Celery Sticks
Fresh Banana
BRUNCH FOR LUNCH!

17 Homemade Chicken & Broccoli Alfredo 🌮
Cheese Quesadilla 🌿
Whole Wheat Dinner Roll
Green Beans
Fresh Baby Carrots
Watermelon Cup

18 Classic Cheese Pizza 🌿 🌮
Pepperoni Pizza P
Green Beans
Side Salad
Fresh Pear

21 Beef Cheeseburger
burger topped with cheese on a freshly toasted bun
Or Crispy Popcorn Chicken
Oven Baked Fries
Ketchup
Steamed Carrots
Fresh Apple

22 Cinnamon French Toast
slices of French toast baked to perfection 🌿
Cheesy Stuffed Bread Sticks 🌿
P Bacon
Syrup
Potato Puffs

23 Incredibowls General Tso's Chicken
General Tso's seasoned chicken with brown rice, broccoli, and scallions 🌮
Chicken Nuggets
Fresh Baby Carrots
Fresh Banana

24 Meatball Hero
Cheese Quesadilla 🌿
Baked Beans
Cheez-Its
Celery Sticks
Fresh Melon Cup
Chicken Meatballs
Honeydew

25 Classic Cheese Pizza 🌿 🌮
Pepperoni Pizza P
Steamed Broccoli
Caesar Salad
Fresh Orange

28 Chicken Bowl with Gravy
chicken layered with mashed potatoes and corn, smothered in gravy
Or Crispy Popcorn Chicken
Whole Wheat Dinner Roll

29 Walking Taco
mexi-style taco meat paired with crispy chips
Cheesy Stuffed Bread Sticks 🌿
Rice & Beans
Fresh Squash
Fresh Apple
Zucchini Squash
* Turkey Taco

30 Grilled Cheese Sandwich Meltdown Café 🌿
Chicken Nuggets
Steamed Broccoli
Oven Baked Fries
Fresh Orange
Meltdown Café

31 Baked Chicken Tenders
Cheese Quesadilla 🌿
Whole Wheat Dinner Roll
Crispy Potato Puffs
Steamed Carrots
Side Salad
Fresh Melon Cup
Cantaloupe



View this menu on the mobile app, **FDMealPlanner**, or on the web at www.FDMealPlanner.com.

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**Menu is subject to change, notice posted when available.

***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

Lunch Prices

Student Meal \$3.00

Adult Meal : \$5.05 +Tax Choice of Milk: Low Fat White, Fat Free Chocolate or White

*Turkey **Chicken Sausage

If you have any questions please Contact your Food Service Director

Lunch Daily Offerings: Turkey or Ham w/wo Cheese, SunButter & Jelly, Cheese

Sandwiches

. Bagel Lunch w/ Yogurt & Cheese Stick Yogurt Parfait w/ Fruit & Granola
Chicken Caesar Salad or Chef Salad Garden Side Salad , Variety of Veggies (Dark Leafy Greens, Peppers, Tomatoes, Carrots & Cucumbers Crudité) & Fruits (Sliced Apples, Oranges & Bananas)

All grains are whole grains or whole wheat

