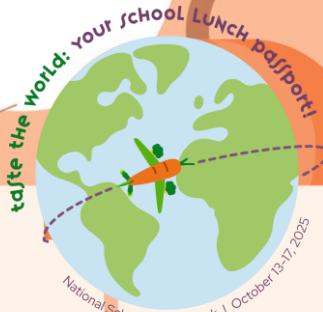


October 13th-17th is
National School Lunch Week
Join us in Eating Global
Flavors!



MENU

PK-5 LUNCH

Harvest of the
Month
NY Apples
October 15th



OCTOBER

**Mini Chicken Bites
And Mozzarella Sticks
Fries**
Marinara Sauce
Fresh Veggie with Dip

1

**No School
Yom Kippur**

2

Cheese Pizza

3

Assorted Veggie Choices
Mango Peach Applesauce
Cup

**Crispy Chicken
Sandwich**

6

Yellow Corn
Fresh Veggie w/Hummus
Or Ranch

**Rotini with Meat
Sauce (beef)**

7

Garlic Breadstick
Steamed Green Beans
Baby Carrots

French Toast Sticks

8

Turkey Sausage Links
Sweet Potato Tots
NY Apple Juice & Syrup

**Chicken Fajita
Quesadilla**

9

Rice, Steamed Broccoli
Fresh Grape Tomatoes
Salsa & Sour Cream

Cheese Pizza

10

Assorted Veggie Choices
Assorted Mixed Fruit

No School

13

Columbus/Indigenous
Peoples Day

Macaroni & Cheese

14

Corn Muffin
Steamed Broccoli
Fresh Grape Tomatoes
Warm Cinnamon Pears

**Chicken Lo Mein
Noodles**

15

Steamed Broccoli
Fresh Apples
Fortune Cookie



**Potato & Cheddar
Pierogies**

16

Kielbasa Bites
Peas & Carrots
Fresh Grape Tomatoes

Cheese Pizza

17

Assorted Veggie Choices
Blue Raspberry
Applesauce Cup

Grilled Cheese

20

Emoji Fries
Steamed Green Beans

Chicken Tender

21

(choice of dipping sauce)
Herbed Rice
Honey Glazed Carrots
Yellow Corn

**Cheesy Breadsticks
with Marinara Sauce**

22

Fresh Veggies with Ranch

**Tortellini Alfredo with
Chicken**

23

Garlic Texas Toast
Roasted Broccoli
Fresh Grape Tomatoes

Cheese Pizza

24

Assorted Veggie Choices
Assorted Mixed Fruit

Cheeseburger

27

Emoji French Fries
Steamed Broccoli

Ultimate Nachos

28

Salsa & Sour Cream
Refried Bean Dip
Yellow Corn
Rainbow Pepper Sticks

Chicken Nuggets

29

Warm Garlic Knot
Mashed Potatoes
Fresh Veggie with Dip

Mummy Dogs

30

Tomato Soup
Gold Fish Crackers
Fresh Veggie w/Dip

Cheese Pizza

31

Assorted Veggie Choices
Halloween Cookie
Mango Peach Applesauce

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change.
Notice is posted when available.

All lunch meals include a variety
of fresh fruit, vegetables and
low-fat white or flavored milk.

