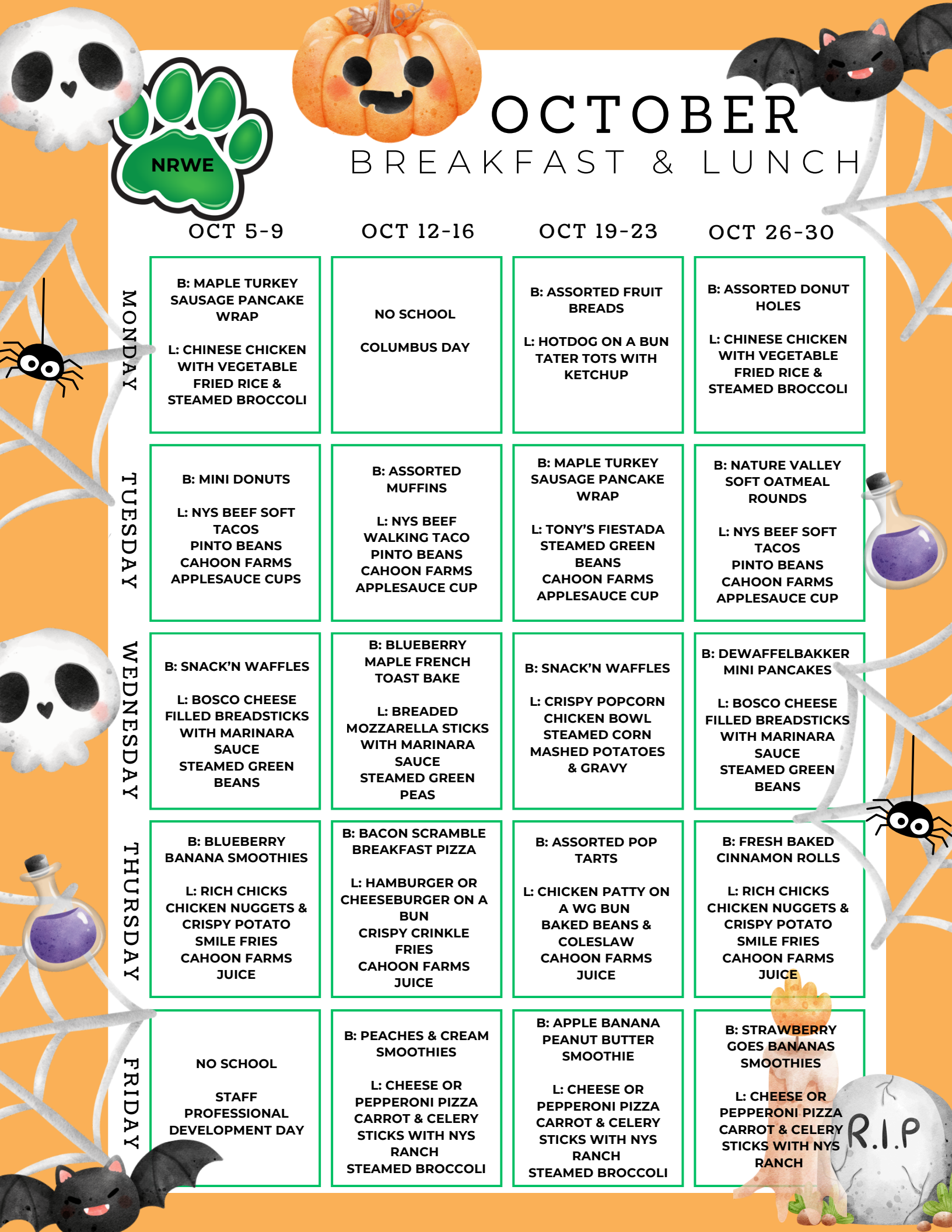




OCTOBER

BREAKFAST & LUNCH



OCT 5-9

OCT 12-16

OCT 19-23

OCT 26-30

MONDAY

B: MAPLE TURKEY SAUSAGE PANCAKE WRAP
L: CHINESE CHICKEN WITH VEGETABLE FRIED RICE & STEAMED BROCCOLI

NO SCHOOL
COLUMBUS DAY

B: ASSORTED FRUIT BREADS
L: HOTDOG ON A BUN TATER TOTS WITH KETCHUP

B: ASSORTED DONUT HOLES
L: CHINESE CHICKEN WITH VEGETABLE FRIED RICE & STEAMED BROCCOLI

TUESDAY

B: MINI DONUTS
L: NYS BEEF SOFT TACOS PINTO BEANS CAHOON FARMS APPLESAUCE CUPS

B: ASSORTED MUFFINS
L: NYS BEEF WALKING TACO PINTO BEANS CAHOON FARMS APPLESAUCE CUP

B: MAPLE TURKEY SAUSAGE PANCAKE WRAP
L: TONY'S FIESTADA STEAMED GREEN BEANS CAHOON FARMS APPLESAUCE CUP

B: NATURE VALLEY SOFT OATMEAL ROUNDS
L: NYS BEEF SOFT TACOS PINTO BEANS CAHOON FARMS APPLESAUCE CUP

WEDNESDAY

B: SNACK'N WAFFLES
L: BOSCO CHEESE FILLED BREADSTICKS WITH MARINARA SAUCE STEAMED GREEN BEANS

B: BLUEBERRY MAPLE FRENCH TOAST BAKE
L: BREADED MOZZARELLA STICKS WITH MARINARA SAUCE STEAMED GREEN PEAS

B: SNACK'N WAFFLES
L: CRISPY POPCORN CHICKEN BOWL STEAMED CORN MASHED POTATOES & GRAVY

B: DEWAFFELBAKKER MINI PANCAKES
L: BOSCO CHEESE FILLED BREADSTICKS WITH MARINARA SAUCE STEAMED GREEN BEANS

THURSDAY

B: BLUEBERRY BANANA SMOOTHIES
L: RICH CHICKS CHICKEN NUGGETS & CRISPY POTATO SMILE FRIES CAHOON FARMS JUICE

B: BACON SCRAMBLE BREAKFAST PIZZA
L: HAMBURGER OR CHEESEBURGER ON A BUN CRISPY CRINKLE FRIES CAHOON FARMS JUICE

B: ASSORTED POP TARTS
L: CHICKEN PATTY ON A WG BUN BAKED BEANS & COLESLAW CAHOON FARMS JUICE

B: FRESH BAKED CINNAMON ROLLS
L: RICH CHICKS CHICKEN NUGGETS & CRISPY POTATO SMILE FRIES CAHOON FARMS JUICE

FRIDAY

NO SCHOOL
STAFF PROFESSIONAL DEVELOPMENT DAY

B: PEACHES & CREAM SMOOTHIES
L: CHEESE OR PEPPERONI PIZZA CARROT & CELERY STICKS WITH NYS RANCH STEAMED BROCCOLI

B: APPLE BANANA PEANUT BUTTER SMOOTHIE
L: CHEESE OR PEPPERONI PIZZA CARROT & CELERY STICKS WITH NYS RANCH STEAMED BROCCOLI

B: STRAWBERRY GOES BANANAS SMOOTHIES
L: CHEESE OR PEPPERONI PIZZA CARROT & CELERY STICKS WITH NYS RANCH

R.I.P



COMMUNITY ELIGIBILITY PROVISION & PURCHASES

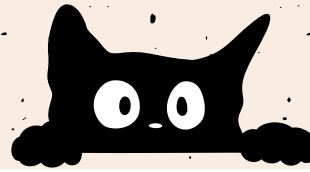
Each student can receive one breakfast and one lunch per day at no cost under the Community Eligibility Provision. Additional meals and a la carte snacks and beverages are available for purchase.



PAYMENT METHODS

There are three ways to pay for cafeteria purchases:

- Send in a check (preferred) or cash with your child to pay in advance. Please label all envelopes, and if paying by check, make checks payable to NRW Food Service Dept. Please put your child's name on the check.
- Cash is always accepted daily at the register.
- Pay online at MySchoolBucks.com. (MySchoolBucks charges a 4% fee per deposit transaction.)



BREAKFAST OPTIONS

A variety of 2 oz. whole grain cereal cups are available daily in addition to our featured breakfast of the day listed on the menu.

DAILY LUNCH ENTREE OPTIONS

Peanut Butter & Jelly Pack
Yogurt Bento Box
Deli Bento Box

** each of these are served with assorted fresh fruits and vegetables as well as the main hot daily special



FRESH FRUITS & VEGETABLES

Breakfast & lunch include fresh assorted fruits & vegetables daily for students to select to complete their meal.

MILK OPTIONS

We offer both low fat milk & fat free chocolate milk during breakfast and lunch service.

CONTACT US

Rita Lopez, Food Service Director
rlopez@nrwcs.org
(315) 594-3141 x4105

Boo!

