

OCTOBER

BREAKFAST & LUNCH



OCT 5-9

OCT 12-16

OCT 19-23

OCT 26-30

MONDAY

**B: NATURE VALLEY
BANANA CHOCOLATE
CHIP OATMEAL
ROUND**

**L: BRUNCH FRENCH
TOAST STICKS WITH
SAUSAGE
HASHBROWN OVALS**

NO SCHOOL

COLUMBUS DAY

**B: MINI STRAWBERRY
CREAM CHEESE
STUFFED BAGELS**

**L: MACARONI &
CHEESE WITH A WG
DINNER ROLL
STEAMED BROCCOLI**

**B: ASSORTED FRUIT
FILLED FRUDEL**

**L: BRUNCH, FRENCH
TOAST STICKS WITH
SAUSAGE &
HASHBROWN OVALS**

TUESDAY

**B: ASSORTED
SNACK'N WAFFLES**

**L: NYS BEEF SOFT
TACOS
PINTO BEANS
CAHOON FARMS
APPLESAUCE CUPS**

B: BANANA BREAD

**L: NYS BEEF
WALKING TACO
STEAMED CORN
CAHOON FARMS
APPLESAUCE CUPS**

**B: MAPLE TURKEY
SAUSAGE PANCAKE
WRAP**

**L: TONY'S FIESTADA
STEAMED GREEN
BEANS
CAHOON FARMS
APPLESAUCE CUPS**

**B: BACON SCRAMBLE
BREAKFAST PIZZA**

**L: NYS BEEF SOFT
TACOS
PINTO BEANS
CAHOON FARMS
APPLESAUCE CUPS**

WEDNESDAY

B: MINI DONUTS

**L: BOSCO CHEESE
FILLED BREADSTICKS
WITH MARINARA
SAUCE
STEAMED GREEN
BEANS**

**B: DEWAFFELBAKKER
MINI PANCAKES**

**L: BREADED
MOZZARELLA STICKS
WITH MARINARA
SAUCE
STEAMED GREEN
BEANS**

**B: CINNAMON TOAST
SOFT FILLED PASTRY**

**L: CRISPY POPCORN
CHICKEN BOWL
STEAMED CORN
MASHED POTATOES
& GRAVY**

**B: ASSORTED BAGELS
WITH CREAM CHEESE**

**L: BOSCO CHEESE
FILLED BREADSTICKS
WITH MARINARA
SAUCE
STEAMED GREEN
BEANS**

THURSDAY

**B: BUILD YOUR
BREAKFAST YOGURT
BAR**

**L: RICH CHICKS
BONELESS WINGS &
WAFFLE FRIES
CAHOON FARMS
JUICE**

**B: ASSORTED DONUT
HOLES**

**L: HAMBURGER OR
CHEESEBURGER ON A
BUN, BAKED BEANS
TATOR TOTS
CAHOON FARMS
JUICE**

**B: EGG & CHEESE ON
A ENGLISH MUFFIN**

**L: CHICKEN PATTY ON
A WG BUN
BAKED BEANS
CAHOON FARMS
JUICE**

**B: ASSORTED JUMBO
MUFFIN**

**L: RICH CHICKS
BONELESS WINGS &
WAFFLE FRIES
CAHOON FARMS
JUICE**

FRIDAY

NO SCHOOL

**STAFF
PROFESSIONAL
DEVELOPMENT DAY**

**B: BLUEBERRY
BANANA SMOOTHIES**

**L: CHEESE OR
PEPPERONI PIZZA
STEAMED BROCCOLI**

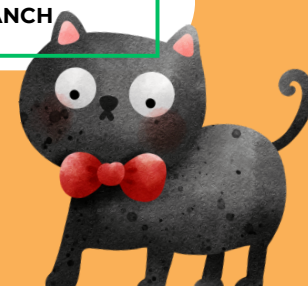
**B: BREAKFAST
YOGURT BAR**

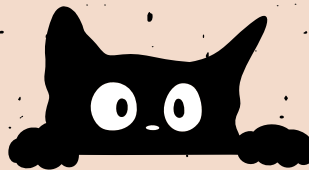
**L: CHEESE OR
BUFFALO CHICKEN
PIZZA
CARROT & CELERY
STICKS WITH NYS
RANCH**

**B: APPLE BANANA
PEANUT BUTTER
SMOOTHIE**

**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!

