

OCTOBER LUNCH MENU

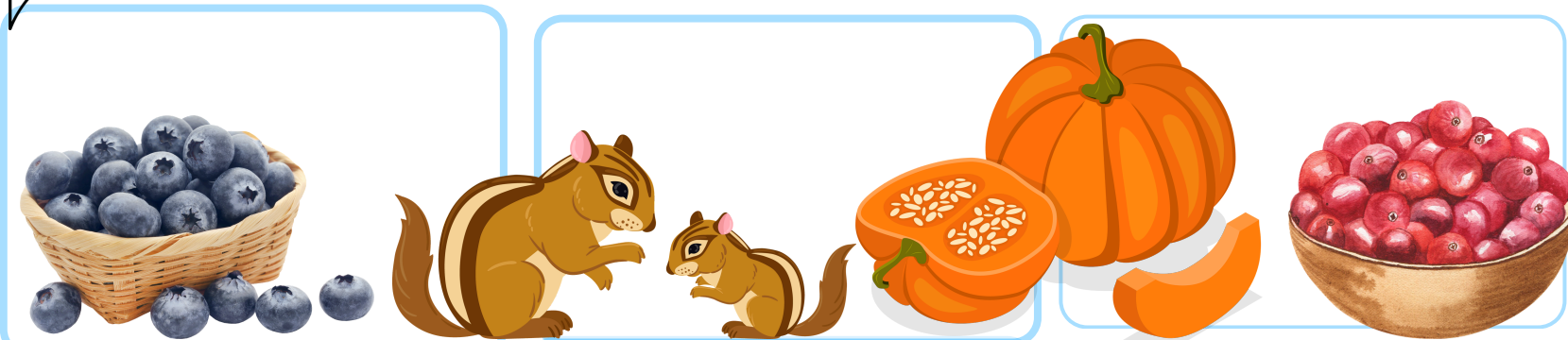
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



5

MEATLESS MONDAY
SPINACH AND CHEDDAR
FRITTATA
CORNBREAD
RAISINS OR APPLES

6

CHICKEN NUGGETS OR
VEGGIE NUGGETS
HOMEMADE MASHED
POTATOES
GREEN PEAS CRANBERRIES

7

CHEESE STEAK SUBS
SMILEY FRIES
CHICKPEA SALAD
RAISINS OR APPLES

1

TERIYAKI CHICKEN STIR-FRY
OR VEGGIES STIR-FRY
SERVED OVER RICE
CARROT STICKS
ORANGE SMILES

2

SPECIALTY PIZZAS
GLUTEN FREE PIZZA
MIXED SALAD
APPLE SAUCE CUPS

12

NO SCHOOL TODAY



13

PASTA WITH MEAT SAUCE
BLACK BEAN AND CORN
SALAD
CINNAMON APPLE SLICES

14

GRILLED CHEESE
HOMEMADE TOMATO SOUP
STEAMED BROCCOLI
ORANGE SMILES

15

CHICKEN PATTY SANDWICH
VEGGIE BURGER
CUCUMBERS, AND
CARROTS WITH DIP
MIXED BERRIES

16

SPECIALTY PIZZAS
GLUTEN FREE PIZZA
GARDEN SALAD
APPLE SAUCE CUPS

19

MEATLESS MONDAY
THREE CHEESE MAC N
CHEESE
GARLIC GREEN BEANS
MIXED FRUIT

20

BBQ BACON MEATLOAF
HOMEMADE MASHED
POTATOES
SWEET GREEN PEAS
APPLE SAUCE CUPS

21

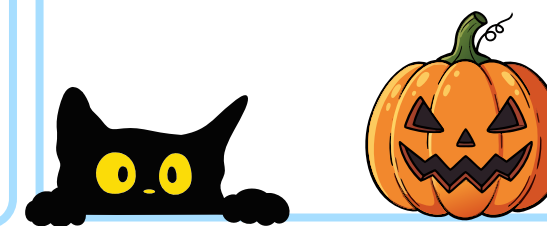
ITALIAN CHICKEN SUBS
GARDEN SALAD
PEPPER STRIPS AND CARROT
STICKS WITH HUMMUS
ORANGE SMILES

22

EARLY RELEASE
BAGEL
HONEY ROASTED
SUNFLOWER SEEDS
CRANBERRIES

23

NO SCHOOL TODAY



26

MEATLESS MONDAY
PASTA WITH MARINARA
MOZZARELLA CHEESE STICK
ROASTED GARLIC
CHICKPEAS
MIXED FRUIT

27

TACO TUESDAY!
BEEF OR BEAN TACO
SOUR CREAM SALSA
GUACAMOLE CORN
CHILLED PEACHES

28

HOT DOGS
OR VEGGIE DOGS
VEGETARIAN BAKD BEANS
STEAMED BROCCOLI
APPLE SLICES

29

BREAKFAST FOR LUNCH
FRENCH TOAST STICKS
SCRAMBLED EGGS
TURKEY SAUSAGE
CARROT STICKS ORANGES

30

SPECIALTY PIZZAS
GLUTEN FREE PIZZA
CHICKPEA SALAD
APPLE SAUCE CUPS

Did you know. . . School lunch is free!
All Meals include whole grain, lean protein,
Vegetable and fruit of the day & 1% Milk or
fat free Chocolate Milk.

MAKE A MEAL

Students must select
at least 3 out of 5
items including a
fruit or vegetable to
create a complete
USDA lunch.



We will also offer sunbutter & jelly, homemade
pizza, fresh salad with or without meat, assorted
subs, and grilled cheese as daily alternatives for
meals. All meals are offered free to qualifying
students.

Please visit our website for more information. We
are welcome to your comments and questions,
please feel free to call anytime at 978-402-8666, or
email sbardzik@carlisle.k12.ma.us.

Our prepayment option takes a load off your mind.
Please visit the Carlisle School website for more
information. Civil rights law and U.S. Department of
Agriculture (USDA) Civil Rights

*** There will be a Gluten Free and Vegan Option
Everyday Upon Request***
Please be advised, Menu is subject to Change

Carlisle Public School
is a Nut-Free Kitchen!