

PRICES

Full Price: \$2.65
 Reduced: \$.40
 Adult \$3.75
 Milk: \$.45

MENU NOTES:

Daily Milk choices offered are Fat Free and Low Fat.
 Veggie & Fruits often locally grown



NF = nut free

***Fresh Veggie Cups Offered Daily*- NF**

Pre-packaged Hummus cups offered Daily- This is NOT a nut free item and is kept separate for safety

Lunch price includes: 5 components

1.Milk 2.Protein 3.Grains 4.Fruit 5.Vegetable

Must take a fruit or veggie plus 2 more components to be a full meal

MONDAY- **HALF DAY**

9/30/2019- NF

Ham, Egg & Cheese on WG Bagel

Fruitables Tropical Twist Juice
 Choice of Assorted Fruits
 Milk

MONDAY

10/7/2019- NF

Buffalo Chicken Tenders

Ken's Blue Cheese Dressing
 Homemade Snickerdoodle Bread
 Green Beans
 Choice of Assorted Fruits
 Milk

MONDAY

10/14/2019

**NO SCHOOL
 COLUMBUS DAY**

MONDAY

10/21/2019- NF

Spicy Chicken Patty on WW Bun

With Lettuce & Tomato
 Sweet Potato Baked Fries
 Choice of Assorted Fruits
 Milk

MONDAY

10/28/2019-NF

Combo Basket

Chicken Nuggets, Mozzarella Sticks,
 and Potato Wedges
 Homemade Oatmeal Bread
 Choice of Assorted Fruits
 Milk

TUESDAY

10/1/19-NF

Waffle Sticks w/ Syrup

Sausage
 Fruitables Tropical Twist Juice
 Choice of Assorted Fruits
 Milk

TUESDAY

10/8/2019-NF

French Toast Sticks w/ Syrup

Sausage
 Hash Browns
 Choice of Assorted Fruits
 Milk

TUESDAY

10/15/2019-NF

Pancakes w/ Syrup

Sausage
 Fruitables Tropical Twist Juice
 Choice of Assorted Fruits
 Milk

TUESDAY

10/22/2019- NF

French Toast Sticks w/ Syrup

Sausage
 Hash Browns
 Choice of Assorted Fruits
 Milk

TUESDAY

10/29/2019-NF

Waffle Sticks w/ Syrup

Sausage
 Fruitables Tropical Twist Juice
 Choice of Assorted Fruits
 Milk

WEDNESDAY

10/2/19-NF

MAC MY DAY!!

Macaroni & Cheese w/ Assorted Toppings
 Buffalo Chicken, Grilled Chicken, Bacon
 Roasted Broccoli
 Garlic WG Dinner Roll
 Choice of Assorted Fruits
 Milk

WEDNESDAY

10/9/2019-NF

Loaded Nachos

Tortilla Chips w/Seasoned Beef
 Lettuce, Tomatoes, Cheese, Salsa
 Fiesta Black Beans
 Choice of Assorted Fruits

WEDNESDAY

10/16/2019-NF

Toasted 3 Cheese Sandwich

American, Swiss and Provolone
 Oven Baked Fries
 Tomato Soup
 Blueberry Crisp
 Milk

WEDNESDAY

10/23/2019-NF

Homemade Chili w/ Beans

Bag of Tortilla Chips, Shredded Cheese
 Corn
 Homemade Corn Bread
 Choice of Assorted Fruits
 Milk

WEDNESDAY

10/30/2019-NF

Chili & Cheese Hot Dog on WW Bun

Broccoli
 Blueberry Crisp
 Milk

THURSDAY

10/3/19 -NF

Cali Burger

Burger on WW Bun w/ pepper jack
 w/wo onion, peppers & guacamole
 Cape Cod Potato Chips
 Choice of Assorted Fruits
 Milk

THURSDAY

10/10/2019-NF

Chicken Burrito Bowl

Chicken, Rice & Pinto Beans
 Salsa, Sour Cream, Cheese
 Homemade Blueberry Bread
 Choice of Assorted Fruits
 Milk

THURSDAY

10/17/2019-NF

Build Your Burger on WW Bun

Lettuce, Tomatoes, Cheese & Pickles
 Cape Cod Potato Chips
 Choice of Assorted Fruits
 Milk

THURSDAY

10/24/2019- NF

Popcorn Chicken Bowl

Mashed Potatoes, Corn & Gravy
 WG Dinner Roll
 Choice of Assorted Fruits
 Milk

THURSDAY

10/31/2019-NF

Build Your Burger on WW Bun

Lettuce, Tomatoes, Cheese & Pickles
 Potato Wedges
 Choice of Assorted Fruits
 Milk

FRIDAY

10/4/19-NF

Specialty Pizzas

Broccoli
 Choice of Assorted Fruits
 Milk

FRIDAY

10/11/2019- NF

Baked Potato Bar

Bacon, Cheese Sauce, Sour Cream
 Broccoli
 Snickerdoodle Bread
 Choice of Assorted Fruits
 Milk

FRIDAY

10/18/2019-NF

Orange Chicken

Brown Rice
 Oriental Vegetable
 Choice of Assorted Fruits
 Milk

FRIDAY

10/25/2019-NF

Fish & Chips

Crunchy Fish Filet & Potato Wedges
 Broccoli
 Homemade Mixed Berry Bread
 Choice of Assorted Fruits
 Milk

Daily Alternates

Yogurt Meal-NF

Assorted Salads

Assorted Sandwiches

Chicken Nuggets-NF

Pizza-NF