

PRICES

Full Price: \$2.30
 Reduced: \$.40
 Adult: \$3.75
 Milk: \$.45

**Lunch price includes:
 5 components
 Milk, protein, grains,
 fruit and a vegetable**

**Must take a fruit or vegetable
 plus 2 more components for a
 complete meal.**



Menu Notes:

Daily Milk choices offered are Fat Free and Low Fat.
 Vegetables & Fruits, often fresh & locally grown, are offered with every meal.
 A fresh veggie cup is offered daily.

Menu may contain allergens

Fresh Veggie Cup Daily

Monday October 1, 2018

Ham and Cheese Bagel
 Sweet Potato Fries
 Bag of Cape Cod Potato Chips
 Choice of Assorted Fruits
 Milk

Tuesday October 2, 2018

Chicken Patty on WG Roll
 Steamed Green Beans
 Choice of Assorted Fruits
 Milk

Wednesday October 3, 2018

Hot Dog on WG Roll
 Baked Beans
 Oven Baked Fries
 Choice of Assorted Fruits
 Milk

**Thursday October 4, 2018
 NATIONAL TACO DAY**
 Nacho Tacos-Tortilla Chips
 w/ Seasoned Beef and Cheese
 Lettuce and Tomato, Sour Cream, Salsa
 Whole Kernel Corn
 Choice of Assorted Fruits
 Milk



Friday October 5, 2018
 Stuffed Crust Pizza
 Tossed Salad
 All Sports Vanilla Grahams
 Choice of Assorted Fruits
 Milk

Fresh Veggie Cup Daily

Monday October 8, 2018

**No School
 Columbus Day**



**Tuesday October 9, 2018
 BREAKFAST FOR LUNCH**
 Fruitables Tropical Twist
 Pancakes with Syrup
 Sausages
 Hash Brown Patty
 Choice of Assorted Fruits
 Milk

Wednesday October 10, 2018
 Popcorn Chicken
 Whipped Mashed Potatoes
 Steamed Green Beans
 Dinner Roll
 Choice of Assorted Fruits
 Milk

Thursday October 11, 2018
 American Chop Suey
 Broccoli
 Garlic Roll
 Vanilla Pudding
 Raisins
 Milk

Friday October 12, 2018
 Wild Mike's Personal Pizza
 "Popeye" Spinach Salad
 School Cookie
 Choice of Assorted Fruits
 Milk

Fresh Veggie Cup Daily

Monday October 15, 2018

Chicken Nuggets
 Whipped Mashed Potatoes
 Peas and Carrots
 Pretzel Stick
 Choice of Assorted Fruits
 Milk

NATIONAL SCHOOL LUNCH WEEK

Tuesday October 16, 2018

Cheeseburger
 Oven Baked Fries
 School Oven Baked Beans
 Watermelon
 Milk

**Wednesday October 17, 2018
 Half Day of School for Elementary**
 Toasted Cheese
 Steamed Broccoli
 Choice of Assorted Fruits
 Milk

NATIONAL SCHOOL LUNCH WEEK
Thursday October 18, 2018
 Tossed Salad with Chicken Strips
 with Croutons and Ranch Dressing
 Dinner Roll
 Choice of Assorted Fruits
 Milk

Friday October 19, 2018
 French Bread Pizza
 Tossed Salad
 All Sports Vanilla Grahams
 Farm Fresh Apple
 Milk

Fresh Veggie Cup Daily

Monday October 22, 2018

Glazed Chicken Drummie
 Seasoned Pasta
 California Blend
 WG Pretzel Rod
 Choice of Assorted Fruits
 Milk

Tuesday October 23, 2018

Deli Ham and Cheese
 on a Croissant
 Cucumber Slices with dip
 Three Bean Salad
 Farm Fresh Apple
 Milk

Wednesday October 24, 2018
 Nacho Tacos-Tortilla Chips
 w/ Seasoned Beef and Cheese
 Lettuce and Tomato
 Whole Kernel Corn
 Corn and Black Bean Salsa
 Choice of Assorted Fruits
 Milk

Thursday October 25, 2018
 Chicken and Gravy w/Cranberry Sauce
 Whipped Mashed Potatoes
 Peas and Carrots
 WG Dinner Roll
 Choice of Assorted Fruits
 Milk

Friday October 26, 2018
 Stuffed Crust Pizza
 Broccoli Salad
 Choice of Assorted Fruits
 Milk

Fresh Veggie Cup Daily

Monday October 29, 2018

Ham and Cheese Bagel
 Sweet Potato Fries
 Bag of Cape Cod Potato Chips
 Choice of Assorted Fruits
 Milk

Tuesday October 30, 2018

Chicken Patty on WG Roll
 Steamed Green Beans
 Choice of Assorted Fruits
 Milk

Wednesday October 31, 2018

Hot Dog on WG Roll
 Baked Beans
 Oven Baked Fries
 Choice of Assorted Fruits
 Milk

The Food Service Department is looking for substitute cafeteria workers. If interested, you may fill out an application in the Human Resources Office on 94 North Elm Street, Suite 101 Westfield, MA
 For additional information, please call the Food Services Office at 413-572-6493.