

**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

**Daily Alternates**

Yogurt Meal  
 Salad  
 Assorted Sandwiches

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.