

# **SCHOOL MENU – OCTOBER 2019**

| <b>SUNDAY<br/>SEPTEMBER 29TH</b>   | <b>MONDAY<br/>SEPTEMBER 30TH</b>   | <b>TUESDAY<br/>OCTOBER 1ST</b>   | <b>WEDNESDAY<br/>OCTOBER 2ND</b>   | <b>THURSDAY<br/>OCTOBER 3RD</b>   | <b>FRIDAY<br/>OCTOBER 4TH</b>   | <b>SATURDAY<br/>OCTOBER 5TH</b>   |
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| 2 FRENCH TOAST<br>BUTTER<br>SYRUP<br>SLICED FRUIT IN JUICE<br>½ PT MILK<br>½ PT OJ       | COLD CEREAL 3 CHOICES<br>FRESH FRUIT<br>STRAWBERRY/BLUEBERRY<br>½ PT MILK<br>½ PT OJ                   | 2OZ. SCRAMBLED EGGS<br>TURKEY SAUSAGE<br>WHOLE WHEAT TOAST<br>BUTTER/JELLY<br>PEACHES<br>½ PT MILK<br>½ PT OJ            | HOT CEREAL<br>YOGURT (6 OZ.)<br>BANANAS<br>½ PT MILK<br>½ PT OJ  | 1 WHOLE GRAIN BAGEL<br>LOW-FAT CREAM CHEESE<br>JELLY<br>WATERMELON<br>YOGURT (6 OZ.)LITE<br>½ PT MILK<br>½ PT OJ                        | 2 OZ. SCRAMBLED EGGS<br>W/ CHEESE<br>1 WHOLE WHEAT TOAST<br>FRESH FRUIT<br>½ PT MILK<br>½ PT OJ   | 2 WHOLE GRAIN PANCAKES<br>SYRUP/SF SYRUP<br>BUTTER<br>YOGURT (6 OZ.)<br>BLUEBERRIES<br>½ PT MILK (2)<br>½ PT OJ |
| BEEF BURGERS<br>BEAN SALAD<br>POTATO SALAD<br>GREEN SALAD<br>FRUIT COCKTAIL<br>½ PT MILK | 4OZ.BREADED FISH STICKS<br>RICE & BEANS<br>SPINACH SALAD<br>FRESH FRUIT<br>½ PT MILK                   | 3 OZ. BELL AND EVANS<br>CHICKEN NUGGETS<br>CAESAR SALAD TOSSED<br>HUMMUS W/RAW<br>VEGETABLES<br>FRESH FRUIT<br>½ PT MILK | 4 OZ. PENNE W/ TOMATO CREAM<br>SAUCE<br>1 TURKEY MEATBALLS<br>CRUDITE<br>MIXED GREEN SALAD<br>FRUIT<br>½ PT MILK | 5 OZ. BONE IN CHICKEN<br>BREAST W/ JERK SEASONING<br>½ CUP SEASONED BLACK<br>BEANS AND RICE<br>TOSSED SALAD<br>FRESH FRUIT<br>½ PT MILK | PIZZA<br>MIXED GREEN SALAD<br>FRESH BERRIES<br>½ PINT MILK  | 4 OZ. BLT<br>FRESH WHOLE WHEAT BREAD<br>MIXED GREEN SALAD<br>FRESH FRUIT SALAD<br>½ PINT MILK                   |
| 5 OZ. CHICKEN POT PIE<br>FRESH GREEN BEANS<br>GREEN SALAD<br>½ PT MILK                   | 6 OZ. PENNE BOLOGNESE<br>OR TOMATO SAUCE<br>FRESH BROCCOLI<br>TOSSED SALAD<br>FRESH FRUIT<br>½ PT MILK | 4 OZ. SLICED SIRLOIN<br>MIXED PEPPERS<br>½ CUP BROWN RICE<br>GREEN SALAD<br>FRESH FRUIT<br>½ PT MILK                     | 5 OZ. CHICKEN OR EGGPLANT<br>PARMESAN<br>¾ CUP PASTA<br>FRESH BROCCOLI SAUTÉED<br>GREEN SALAD<br>½ PT MILK       | 5 OZ PORK ROAST<br>APPLESAUCE<br>1 BAKED POTATO<br>BROCCOLI<br>GREEN SALAD<br>½ PT MILK   | 5 OZ. SALMON<br>SPINACH AND CHEESE<br>½ CUP RICE PILAF<br>GREEN SALAD<br>FRESH FRUIT<br>½ PT MILK | TACO PIE WITH CORNBREAD<br>CRUST<br>GREEN BEANS<br>GREEN SALAD<br>FRESH FRUIT<br>½ PINT MILK                    |

**ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP**

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| <ol style="list-style-type: none"> <li>1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)</li> <li>2. CRUDITE AVAILABLE AT ALL MEALS WITH HUMMUS</li> <li>3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH</li> <li>4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE</li> </ol> | <ol style="list-style-type: none"> <li>5. LOW FAT LOW SUGAR SNACKS 2 PER DAY</li> <li>6. LOW SUGAR WHOLE GRAIN CEREAL</li> <li>7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER</li> <li>8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL</li> </ol> |
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# SCHOOL MENU – OCTOBER 2019

| SUNDAY<br>OCTOBER 6TH   | MONDAY<br>OCTOBER 7TH  | TUESDAY<br>OCTOBER 8TH   | WEDNESDAY<br>OCTOBER 9TH  | THURSDAY<br>OCTOBER 10TH  | FRIDAY<br>OCTOBER 11TH   | SATURDAY<br>OCTOBER 12TH   |
|---|--|--|---|---|--|--|
| 2 OZ. SCRAMBLED EGGS<br>1 SLICE WHOLE WHEAT<br>YOGURT (6 OZ.)LITE<br>FRESH FRUIT SALAD<br>½ MILK<br>½ PT OJ   | 2 WHOLE WHEAT WAFFLES<br>W/SYRUP<br>MARGARINE<br>FRESH FRUIT<br>YOGURT (6 OZ.)LITE<br>½ PT MILK<br>½ PT OJ   | COLD CEREAL 3<br>CHOICES<br>BERRIES<br>YOGURT (6 OZ.)LITE<br>½ PT MILK<br>½ PT OJ                              | HOT CEREAL<br>YOGURT (6 OZ.)<br>BANANAS<br>½ PT MILK<br>½ PT OJ   | 2 OZ. SCRAMBLED EGGS<br>W/ CHEESE<br>HASH BROWNS<br>MARGARINE/JAM<br>FRESH FRUIT<br>½ PT MILK<br>½ PT OJ  | 1 ASSORTED BAGELS<br>BUTTER AND JAM<br>BERRIES<br>YOGURT (6 OZ.)LITE<br>½ PT MILK<br>½ PT OJ         | 2 WHOLE GRAIN PANCAKES<br>MARGARINE/SYRUP<br>FRESH FRUIT<br>YOGURT (6 OZ.)LITE<br>½ PT MILK<br>½ PT OJ           |
| GRILLED CHEESE WITH<br>FRENCH FRIES<br>RAW CARROTS<br>GREEN SALAD<br>FRESH FRUIT<br>½ PT MILK                 | GRILLED CHICKEN WITH SWISS<br>CHEESE AND BACON ON WHOLE<br>WHEAT BUN<br>SALAD BAR WITH VEGGIES,<br><b>ROMAINE AND SPINACH SALADS</b><br>OLIVES, CHEESES, CROUTONS,<br>CHICK PEAS<br>TUNA SALAD<br>FRESH FRUIT<br>½ PT MILK | FALAFEL WITH TZATZIKI<br>AND HUMMUS WITH PITA<br>GREEN BEANS<br>TOSSED GREEK SALAD<br>FRESH FRUIT<br>½ PT MILK | 4 OZ TURKEY TACOS ON SOFT<br>SHELL<br>½ CUP RED POTATO SALAD<br>MIXED GREEN SALAD<br>FRESH FRUIT<br>½ PT MILK | 4 OZ. BELL AND EVANS<br>BREADED BAKED CHICKEN<br>TENDERS<br>FRESH CRUDITÉ<br>½ CUP POTATO SALAD<br>MIXED GREEN SALAD<br>FRESH FRUIT<br>½ PT. MILK | PIZZA<br>GREEN SALAD<br>CRUDITÉ WITH HUMMUS<br>FRESH FRUIT<br><br>½ PT. MILK                         | DELI BAR<br>(TURKEY/HAM/ASSORTED<br>CHEESES)<br>2 WHOLE WHEAT BREAD<br>SUNCHIPS/PICKLES<br>ICE POPS<br>½ PT MILK |
| 5 OZ. ROASTED CHICKEN<br>BREAST W/ GARLIC HERBS<br>½ CUP RICE PILAF<br>ROASTED SQUASH<br>BERRIES<br>½ PT MILK | 4 OZ. MEAT OR VEGETABLE<br>LASAGNA<br>½ CUP SAUTÉED BROCCOLI<br>MIXED GREEN SALAD<br>FRESH FRUIT<br>½ PT MILK  | 4 OZ. SLOPPY JOE<br>1 WHOLE WHEAT ROLL<br>½ CUP GLAZED<br>CARROTS<br>MIXED GREEN SALAD<br>½ PT. MILK           | 6 OZ.PASTA W/ TOMATO SAUCE<br>GREEN BEANS<br>TOSSED SALAD<br>½ PT MILK  | 1 CALIFORNIA VEGGIE<br>BURGER OR TURKEY BURGER<br>1 WHOLE WHEAT ROLL<br>PEPPERS AND ONIONS<br>MIXED GREEN SALAD<br>FRESH FRUIT<br>½ PT MILK       | 5 OZ.ROAST BEEF W/GRAVY<br>¾ CUP ROASTED NEW<br>POTATOES<br>GREEN BEANS<br>TOSSED SALAD<br>½ PT MILK | 5 OZ. TURKEY OR VEGGIE CHILI<br>CORN BREAD<br>BROCCOLI W/ CHEESE<br>GREEN SALAD<br>FRESH FRUIT<br>½ PT MILK      |

**ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP**

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| <ol style="list-style-type: none"> <li>1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)</li> <li>2. CRUDITE AVAILABLE AT ALL MEALS WITH HUMMUS</li> <li>3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH</li> <li>4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE</li> </ol> | <ol style="list-style-type: none"> <li>5. LOW FAT LOW SUGAR SNACKS 2 PER DAY</li> <li>6. LOW SUGAR WHOLE GRAIN CEREAL</li> <li>7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER</li> <li>8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL</li> </ol> |
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# SCHOOL MENU – OCTOBER 2019

| SUNDAY<br>OCTOBER 13TH   | MONDAY<br>OCTOBER 14TH   | TUESDAY<br>OCTOBER 15TH   | WEDNESDAY<br>OCTOBER 16TH  | THURSDAY<br>OCTOBER 17TH   | FRIDAY<br>OCTOBER 18TH   | SATURDAY<br>OCTOBER 19TH   |
|--|--|---|--|--|--|--|
| EGG & CHEESE ON<br>WHOLE WHEAT KAISER<br>TURKEY SAUSAGE<br>YOGURT (6 OZ.)LITE<br>FRESH FRUIT<br>½ PT. MILK<br>½ PT. OJ | 1 WHOLE GRAIN BAGEL<br>LOW-FAT CREAM<br>CHEESE/JELLY<br>FRESH FRUIT<br>YOGURT LITE<br>½ PT MILK<br>½ PT OJ | 2 WHOLE GRAIN FRENCH<br>TOAST W/SYRUP<br>MARGARINE<br>FRESH FRUIT<br>YOGURT (6 OZ.)LITE<br>½ PT MILK<br>½ PT OJ | COLD CEREAL 3 CHOICES<br>OR OATMEAL<br>YOGURT (6 OZ.)LITE<br>FRESH FRUIT<br>½ PT MILK<br>½ PT OJ   | 2 OZ. SCRAMBLED EGGS WITH<br>HAM AND CHEESE<br>1 SLICE WHOLE WHEAT<br>FRESH FRUIT<br>½ PT MILK<br>½ PT OJ  | 2 WAFFLES W/SYRUP<br>MARGARINE<br>FRESH FRUIT<br>YOGURT (6 OZ.)LITE<br>½ PT MILK<br>½ PT OJ  | CHOICE OF 3 COLD CEREALS<br>1 CUP<br>FRESH FRUIT<br>YOGURT (6 OZ.)LITE<br>½ PT MILK<br>½ PT OJ                             |
| 6 OZ. CHEESE TORTELLINI<br>W/TOMATO SAUCE<br>SPINACH W/GARLIC<br>BUTTER<br>GREEN SALAD<br>½ PT MILK                    | 4 OZ. CHEESE<br>QUESADILLA<br>½ CUP RICE AND BEANS<br>SALSA<br>MIXED GREEN SALAD<br>½ PT MILK              | HAMBURGERS<br>SPECIALTY SALAD BAR<br>SUMMER SALADS<br>GRAINS AND GREENS<br>FROZEN YOGURT<br>½ PINT MILK         | 3 OZ. BELL AND EVANS CHICKEN<br>TENDERS<br>SWEET POTATO BAKED FRIES<br>MIXED GREEN SALAD<br>½ PINT MILK                                      | ROAST BEEF WITH ASSORTED<br>CHEESES ON WHOLE WHEAT<br>HOAGIE ROLL OR WHOLE WHEAT<br>SLICED BREAD<br>HORSERADISH MAYO<br>½ CUP TOMATO SAUCE<br>CAESAR SALAD<br>FRESH FRUIT<br>½ PT MILK | PIZZA<br>½ CUP PEAS AND CARROTS<br>MIXED GREEN SALAD<br>FRESH FRUIT<br>½ PT MILK   | 5 OZ. TURKEY BURGER<br>W/ ROLL & CHEESE<br>VEGGIE BURGER W/ ROLL<br>PASTA SALAD<br>GREEN SALAD<br>FRESH FRUIT<br>½ PT MILK |
| 5 OZ. BAKED LEMON<br>CHICKEN<br>½ CUP RICE & PEAS<br>FRESH BROCCOLI<br>GREEN SALAD<br>½ PT MILK                        | STUFFED PEPPERS<br>GREEN SALAD<br>QUINOA SALAD<br>3 BEAN SALAD<br>FRESH FRUIT<br>½ PT MILK                 | 5 OZ. SHRIMP TACOS<br>1 WHOLE WHEAT WRAP<br>CORN AND BLACK BEANS<br>SALSA AND GUACAMOLE<br>MIXED GREEN SALAD    | 4 OZ. SLICED STEAK FOR<br>SANDWICHES WITH SWISS<br>CHEESE<br>WHOLE GRAIN CLUB ROLL<br>GREEN BEANS<br>GREEN SALAD<br>FRESH FRUIT<br>½ PT MILK | 5 OZ. FRESH FISH OF THE DAY<br>½ CUP BROWN RICE PILAF<br>FRESH BROCCOLI<br>GREEN SALAD<br>½ PT MILK  | 6 OZ. SWEET AND SOUR<br>CHICKEN STIR-FRY<br>W/VEGGIES<br>½ CUP BROWN RICE<br>GREEN SALAD<br>ASIAN DRESSING<br>FRESH FRUIT<br>½ PT MILK | 5 OZ. PULLED PORK<br>W/ BBQ SAUCE<br>½ CUP ROASTED POTATOES<br>BAKED ZUCCHINI W/GARLIC<br>GREEN SALAD<br>½ PT MILK         |

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| <ol style="list-style-type: none"> <li>1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)</li> <li>2. CRUDITE AVAILABLE AT ALL MEALS WITH HUMMUS</li> <li>3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH</li> <li>4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE</li> </ol> | <ol style="list-style-type: none"> <li>5. LOW FAT LOW SUGAR SNACKS 2 PER DAY</li> <li>6. LOW SUGAR WHOLE GRAIN CEREAL</li> <li>7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER</li> <li>8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL</li> </ol> |
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# **SCHOOL MENU – OCTOBER 2019**

| <b>SUNDAY<br/>OCTOBER 20TH</b>   | <b>MONDAY<br/>OCTOBER 21ST</b>  | <b>TUESDAY<br/>OCTOBER 22ND</b>   | <b>WEDNESDAY<br/>OCTOBER 23RD</b>  | <b>THURSDAY<br/>OCTOBER 24TH</b>  | <b>FRIDAY<br/>OCTOBER 25TH</b>  | <b>SATURDAY<br/>OCTOBER 26TH</b>   |
|--|---|---|--|---|---|--|
| 1 WHOLE GRAIN BAGEL<br>BUTTER OR CREAM<br>CHEESE<br>FRESH FRUIT<br>1 YOGURT<br>½ PT MILK<br>½ PT OJ                                  | 2 WAFFLES<br>MAPLE SYRUP<br>1 YOGURT<br>FRESH FRUIT SALAD<br>½ MILK<br>½ PT OJ  | 1 CUP COLD CEREAL 3<br>CHOICES<br>½ CUP BERRIES<br>1 HARD-BOILED EGG<br>½ PT MILK<br>½ PT OJ                            | ¾ CUP OATMEAL<br>YOGURT (6 OZ.)<br>½ BANANAS<br>½ PT MILK<br>½ PT OJ   | 2 SLICES FRENCH TOAST<br>MAPLE SYRUP/BUTTER<br>FRESH FRUIT<br>½ PT MILK<br>½ PT OJ                              | 2 WHOLE GRAIN PANCAKES<br>MAPLE SYRUP /BUTTER<br>FRESH FRUIT<br>1 YOGURT<br>½ PT MILK<br>½ PT OJ  | 2 OZ. SCRAMBLED EGGS<br>1 SLICE WHOLE WHEAT<br>APPLE SAUCE<br>½ PT MILK<br>½ PT OJ   |
| 4 OZ. PHILLY<br>CHEESESTEAK SANDWICH<br>½ CUP COOKED CARROTS<br>½ CUP POTATO SALAD<br>MIXED GREEN SALAD<br>FRESH FRUIT<br>½ PT. MILK | 1 LASAGNA ROLL WITH<br>½ CUP TOMATO SAUCE<br>1 CUP CHOPPED VEGETABLE<br>SALAD WITH LETTUCE, TOMATO,<br>FRESH FRUIT<br>½ PT MILK | 1 GYRO ON WHOLE WHEAT<br>PITA WITH TZATZIKI SAUCE<br>½ CUP GREEN BEANS<br>MIXED GREEN SALAD<br>FRESH FRUIT<br>½ PT MILK | 4 OZ. SHRIMP WITH GARLIC<br>LEMON PARSLEY SAUCE<br>½ CUP CORN AND RICE<br>SAUTÉED SUMMER VEGGIES<br>TOSSED SALAD<br>FRESH FRUIT<br>½ PT MILK | 1 BEYOND BURGER WITH<br>WHOLE WHEAT ROLL<br>CORN ON COB<br>GREEN SALAD WITH VEGGIES<br>FRESH FRUIT<br>½ PT MILK | PIZZA<br>GREEN SALAD<br>FRESH FRUIT<br>ICE CREAM<br>½ PT. MILK  | DELI BAR HOMEMADE 2 OZ.<br>MEAT 1 OZ. CHEESE MEATS<br>(TURKEY/ASSORTED<br>CHEESES)<br>EGG SALAD<br>2 SLICES WHOLE WHEAT<br>BREAD<br>½ CUP COLESLAW<br>1 CUP SALAD<br>½ PT MILK |
| 1 JAMAICAN CHICKEN<br>PATTIES<br>½ CUP MEXICAN RICE<br>GREEN BEANS<br>TOSSED SALAD<br>½ PT MILK                                      | 5 OZ. MEATBALL WEDGE ON<br>WHOLE WHEAT HOAGIE<br>SAUTÉED ZUCCHINI<br>TOSSED SALAD<br>FRESH FRUIT<br>½ PT MILK                   | CHEFS CHOICE<br>4 OZ. MEAT ½ CUP GRAIN<br>1 FRUIT<br>1 CUP VEGETABLE<br>1 MILK  | 4 OZ. SALISBURY STEAK WITH<br>GRAVY<br>½ CUP FRESH SPINACH<br>MASHED POTATOES<br>GREEN SALAD<br>FRESH FRUIT<br>½ PT MILK                     | 1.5 CUPS PASTA WITH<br>TOMATO OR ALFREDO SAUCE<br>2 OZ. GRILLED CHICKEN<br>BROCCOLI<br>½ PT. MILK               | 5 OZ. STUFFED CHICKEN<br>BREAST ROLL UP WITH<br>SPINACH AND CHEESE<br>¾ CUP ROASTED NEW<br>POTATOES<br>½ CUP GREEN BEANS<br>TOSSED SALAD<br>½ PT MILK | BURRITO WITH SALSA,<br>GUACAMOLE, SOUR CREAM<br>BROCCOLI<br>GREEN SALAD<br>FRESH FRUIT<br>½ PT MILK  |

**ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP**

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| <ol style="list-style-type: none"> <li>1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)</li> <li>2. CRUDITE AVAILABLE AT ALL MEALS WITH HUMMUS</li> <li>3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH</li> <li>4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE</li> </ol> | <ol style="list-style-type: none"> <li>5. LOW FAT LOW SUGAR SNACKS 2 PER DAY</li> <li>6. LOW SUGAR WHOLE GRAIN CEREAL</li> <li>7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER</li> <li>8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL</li> </ol> |
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