



EASTHAMPTON ELEMENTARY SCHOOLS: October 2018 MENU

Lunch \$2.65

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot Dog Baked Beans Potato Wedges	2 Chicken Nuggets Tater Puffs Steamed Carrots	3 1/2 Day Teacher Professional Development BAG LUNCH OFFERED	4 Burger or Cheeseburger Baked French Fries Steamed Sweet Corn	5 PIZZA!! Colorful Tossed Salad Sweet Green Peas
8 No School Columbus Day	9 Pop Corn Chicken Mashed Potatoes Sweet Corn	10 French Toast Sticks Sausage Patty, Tater Tots Blueberries	11 Pasta w/ Meat Sauce Green Beans Whole Grain Garlic Toast	12 Classic Cheese Pizza Colorful Tossed Salad Sweet Green Peas
15 Chicken Patty Sandwich Baked Potato Wedges Steamed Carrots	16 Corn Dogs French Fries Confetti Coleslaw	17 Tasty Toasted Cheese Sandwich Tater Tots Sweet Corn	18 1/2 Day Parent/Teacher Conference BAG LUNCH OFFERED	19 1/2 Day Parent/Teacher Conference BAG LUNCH OFFERED
22 Chicken Nuggets Baked Potato Wedges Sweet Corn	23 Chicken Fajitas Steamed Brown Rice Seasoned Black Beans	24 Macaroni and Cheese Steamed Broccoli Goldfish Crackers	25-Oct Burger or Cheeseburger Sweet Potato Fries Roast Carrot Sticks	26-Oct Classic Cheese Pizza Colorful Tossed Salad Sweet Green Peas
29 Nachos Seasoned Brown Rice Sweet Pepper Sticks	30 Pop Corn Chicken Baked French Fries Sweet Corn	31 French Toast Sticks Tater Puffs Sausage Patty		
Choose With Any Meal!				
Fresh Cherry Tomatoes Cucumbers Assorted Fresh Fruit Assorted Chilled Fruit	Celery Sticks Corn and Black Bean Salsa Assorted Fresh Fruit Assorted Chilled Fruit	Sliced Cucumbers Carrot Sticks Assorted Fresh Fruit Assorted Chilled Fruit	Fresh Baby Carrots Sliced Cucumbers Assorted Fresh Fruit Assorted Chilled Fruit	Carrot Sticks Sweet Green Peas Assorted Fresh Fruit Assorted Chilled Fruit
Weekly Alternate Meals				
Blueberry Muffin & Goldfish Fun Lunch w/Yogurt Crush Cup, String Cheese	Cereal Fun Lunch: Golden Grahams or Cheerios w/Yogurt Crush Cup, String Cheese	Fresh Garden Salad with Cheese Whole Grain Roll Fresh Fruit	Cold Nachos Fun Lunch: Crispy Tortilla Shell Rounds w/ Shredded Cheddar, Salsa	Blueberry Muffin & Goldfish Fun Lunch w/Yogurt Crush Cup, String Cheese
<p>Monthly Food Focus- October Food Focus is Autumn Squash!****Squash contains fiber which can help you feel fuller and more satisfied for a longer time!</p> <p>Secondary: A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes and fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p>				

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