



EASTHAMPTON ELEMENTARY SCHOOLS: October

Lunch \$2.80

Monday	Tuesday	Wednesday	Thursday	Friday
30-Sep	1	2	3	4
Breakfast For Lunch! French Toast Sticks Sausage Patty Tater Tots	Chicken Nuggets Seasoned Brown Rice Fresh Carrots	Grilled Cheese Sandwich Pasta Salad Whole Grain Goldfish Crackers	Hot Dogs Potato Wedges Sweet Corn	Classic Cheese Pizza Colorful Tossed Salad Sweet Green Peas
7	8	9	10	11
Popcorn Chicken Seasoned Brown Rice Fresh Cucumbers	Corn Dogs Potato Wedges Carrots	Macaroni and Cheese Green Beans Whole Grain Dinner Roll	Cheese Quesadilla French Fries Sweet Corn	Classic Cheese Pizza Sweet Green Peas Colorful Tossed Salad
14	15	16	17	18
No School Columbus Day	Tacos Seasoned Ground Beef Whole Grain Hard Shell Shredded Cheddar, Salsa	Breakfast For Lunch! French Toast Sticks Sausage Patty, Tots	Pasta w/ Meat Sauce Green Beans Whole Grain Breadstick	Classic Cheese Pizza Colorful Tossed Salad Sweet Corn
21	22	23	24-Oct	25-Oct
Chicken Patty Sandwich Tater Tots	Hot Dogs Sweet Corn	1/2 Day P/T Conference *Bag Lunch Offered	1/2 Day P/T Conference *Bag Lunch Offered	1/2 Day P/T Conference *Bag Lunch Offered
28	29	30	31-Oct	1-Nov
Chicken Nuggets Seasoned Brown Rice Peas & Carrots	Beef Nachos Whole Grain Tortilla Chips Shredded Cheddar, Salsa	Macaroni and Cheese Broccoli Whole Grain Dinner Roll	Breakfast For Lunch! French Toast Sticks Sausage Patty, Tots	Classic Cheese Pizza Colorful Tossed Salad
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	Pasta Salad Carrot Sticks Assorted Fresh Fruit Assorted Chilled Fruit	Chickpea Salad 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

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.

