

October 2023



PrePrimary: 22 hot lunches (no day care days) 25 hot lunches (including day care days)-\$3.00 per day

Elementary: 22 hot lunches (no day care days) 25 hot lunches (including day care days)-\$3.50 per day

Lunches should be purchased on EZSchoolApps.com

Soy butter & jelly sandwich or cheese sandwich may be substituted for the first item listed. The side dishes will be the same. **ABSOLUTELY NO OTHER SUBSTITUTIONS OR CHANGES.**

Mon	Tue	Wed	Thu	Fri
2 pasta shells w/ meatless sauce, whole wheat buttered bread, salad, fruit, milk	3 greek chicken bites, fresh made hummus w/pita chips, veggie, fruit, milk	4 sausage (pork), french toast, tater tots, fruit yogurt, milk	5 corn dog (chicken), mac and cheese, veggie, fruit, milk	6 fresh made cheese pizza, fruit w/cottage cheese, salad, mini fruit muffin, milk Day Care Day
9 chicken and noodles, whole wheat buttered bread, veggie, fruit, milk Day Care Day	10 cheese and bean quesadilla, salsa, brown rice, veggie, fruit, milk	11 fresh made chicken nuggets, mashed potatoes w/gravy, corn, fruit, milk	12 hot dog (beef) on a bun, mac and cheese, veggie, fruit, milk	13 fresh made cheese pizza, fruit w/cottage cheese, salad, mini fruit muffin, milk
16 spaghetti w/meat sauce (ground turkey), whole wheat buttered bread, salad, fruit, milk Day Care Day	17 grilled cheese, tomato soup w/pasta, fruit, milk	18 chicken and cheese taquitos, salsa, brown rice, veggie, fruit, milk	19 turkey burger, pickles, veggie chips, fresh made applesauce, milk	20 fresh made cheese pizza, fruit w/cottage cheese, salad, mini fruit muffin, milk
23 chicken, cheese and rice casserole, buttered bread, broccoli, fruit yogurt, milk	24 meatloaf (beef), mashed potatoes w/gravy, veggie, fruit, milk	25 turkey bacon, pumpkin pancake bites, tater tots, fruit yogurt, milk	26 buttered bowtie pasta veggie medley, whole wheat buttered bread, fruit yogurt, milk	27 fresh made cheese pizza, fruit w/cottage cheese, salad, mini fruit muffin, milk
30 pasta shells w/ meatless sauce, whole wheat buttered bread, salad, fruit, milk	31 tilapia, mac and cheese, veggie, fruit, milk	1 roast turkey, mashed potatoes w/gravy, corn, fruit, milk	2 turkey and noodles, veggie, fruit, milk	3 fresh made cheese pizza, fruit w/cottage cheese, salad, mini fruit muffin, milk

Please Note: Lunch items are not examined for cross contaminating food allergens such as, but not limited to, nuts, peanuts, soy, wheat, etc. Parents assume responsibility to ensure their child's safety when consuming a school lunch.