

# October 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>NO LUNCH SERVICE HS Open House</b>	<b>Breakfast:</b> Choc. Muffins, Breakfast Pizza <b>Lunch: First Light Farms Cheese Quesadilla, Green Salad &amp; Spanish Rice (E, V)</b> Homemade Soup (V) Salad/Sandwich Bar (V)	<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>Lunch: Taco Day!! (E)</b> Homemade Soup Salad/Sandwich Bar (V)	<b>Breakfast:</b> Choc. Muffins, Breakfast Pizza <b>Lunch: Grilled Chicken, Corn on the Cob, &amp; Potato Salad (E)</b> Homemade Soup Salad/Sandwich Bar (V)	<b>NO SCHOOL Columbus Day Weekend</b>
<b>NO SCHOOL Columbus Day Weekend</b>	<b>Breakfast:</b> Choc. Muffins, Breakfast Pizza <b>Lunch: Chicken Fingers w/ Mashed Potatoes &amp; Roasted Carrots (E)</b> Homemade Soup Salad/Sandwich Bar (V)	<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>Lunch: Pasta Day!! (E)</b> Homemade Soup Salad/Sandwich Bar (V)	<b>Breakfast:</b> Choc. Muffins, Breakfast Pizza <b>Lunch: BREAKFAST FOR LUNCH Banana Pancakes, Bacon &amp; Fruit Smoothies (E, V)</b> Homemade Soup (V) Salad/Sandwich Bar (V)	<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>Lunch: Pizza, Caesar Salad &amp; Orange Wedges (E, V)</b> Homemade Soup Salad/Sandwich Bar (V)
<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>Lunch: Stuffed Baked Potato with Chili, Broccoli and Cheddar (E, V)</b> Homemade Soup (V) Salad/Sandwich Bar (V)	<b>Breakfast:</b> Choc. Muffins, Breakfast Pizza <b>Lunch: Hamburger, Cheeseburger or Vegetarian Burger w/French Fries and Slaw (E, V)</b> Homemade Soup (V) Salad/Sandwich Bar (V)	<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>Lunch: Bi Bim Bap Jasmine Rice Bowl Day!! (E, V)</b> Homemade Soup Salad/Sandwich Bar (V)	<b>Breakfast:</b> Choc. Muffins, Breakfast Pizza <b>Lunch: Macaroni and Cheese with Green Beans and Orange Wedges (E, V)</b> Homemade Soup Salad/Sandwich Bar (V)	<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>Lunch: Meatball Bombers, Roasted Carrots &amp; Apple Slices (E, V)</b> Homemade Soup Salad/Sandwich Bar (V)
<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>Lunch: Cheese Ravioli with Pesto, Garlic Bread and Broccoli (E,V)</b> Homemade Soup Salad/Sandwich Bar (V)	<b>Breakfast:</b> Choc. Muffins, Breakfast Pizza <b>Lunch: Italian Sausage Stew, Green Beans &amp; Focaccia Bread (E)</b> Homemade Soup Salad/Sandwich Bar (V)	<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>Lunch: Sub Day!! (E)</b> Homemade Soup Salad/Sandwich Bar (V)	<b>Breakfast:</b> Choc. Muffins, Breakfast Pizza <b>Lunch: Teriyaki Chicken, Cornbread, &amp; Cucumber Salad (E)</b> Homemade Soup (V) Salad/Sandwich Bar (V)	<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>Lunch: Souvlaki Chicken with Greek Salad and Whole Wheat Pita (E)</b> Homemade Soup (V) Salad/Sandwich Bar (V)
<b>Breakfast:</b> Bagels, Scrambled Eggs, Bacon <b>Lunch: First Light Farms Cheese Quesadilla, Green Salad &amp; Spanish Rice (E, V)</b> Homemade Soup Salad/Sandwich Bar (V)	<b>Breakfast:</b> Choc. Muffins, Breakfast Pizza <b>Lunch: HALLOWEEN Bat (Chicken) Wings, Vampire Blood (Tomato Soup, &amp; Scream (Green Beans)</b> Homemade Soup Salad/Sandwich Bar (V)			

## Message from Chef Julie

Congratulations to the Fortune 2017 "Student's Choice" winner!

Montessori student, Henry Mills and his family chose lunch for the day: BANANA PANCAKES, BACON, AND FRUIT SMOOTHIES on Thursday, October 12th

Enjoy!

Follow Chef Julie on Twitter! @jewely\_j

E=Main Entrée (incl. milk or water)  
V=Vegetarian Option

All menu items available a la carte.  
Available Daily: Fruit, milk/filtered water, chips, cookies, ice cream (gr. 5-12)  
Tues.: Cookies (1-4 gr.)  
Tues. & Thurs.: French Fries (HS only)  
Thurs.: French Fries (gr. 5-8)  
Fri.: Ice cream (1-4 gr.)