

October 2016



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 3 Popcorn Chicken Bowl Mashed Potatoes Seasoned Corn WG Dinner Roll Fresh Fruit | 4 Mini Pancakes Sweet Potato Puffs Sausage Links Blueberries | 5 Spicy Buffalo Chicken Strips Strawberry Spinach Salad (our recipe) WG Dinner Roll Vegetable Cups with Hummus | 6 Sloppy Joe or Crispy Fish Sandwich on WG Roll 3 Bean Salad Watermelon Wedge | 7 Fresh Baked Pizza Caesar Salad Vegetable Cups with Hummus Fresh Fruit Early Dismissal |
| 10 No School Columbus Day | 11 Cheesy Bosco Sticks Marinara Sauce Corn & Tomato Salad (our recipe) Vegetable Cups with Hummus Fresh Fruit | 12 Taco with WG Tortillas Choice of Chicken or Beef Romaine, Tomato, Cheese Vegetable Cups with Hummus Fresh Fruit | 13 Chicken Parmesan With Pasta WG Dinner Roll Garden Salad Fresh Fruit | 14 Chicken Tenders & Mozzarella Sticks Marinara Sauce Vegetable Cups with Hummus |
| 17 Red Devil Chicken Patty Sandwich on WG Roll Baked Sweet Potato Fries Vegetable Cups with Hummus Fresh Fruit | 18 Pasta with Meat Sauce (Our recipe using turkey & beef) Garden Salad WG Garlic Breadstick Vegetable Cups with Hummus Fresh Fruit | 19 Cheeseburger on WG Roll Baked French Fries Vegetable Cups with Hummus Fresh Fruit Early Dismissal | 20 Tomato Vegetable Soup (our recipe) Grilled Cheese Sandwich Steamed Green Beans Watermelon Wedge Early Dismissal | 21 Fresh Baked Pizza Tossed Salad Vegetable Cups with Hummus Early Dismissal |
| 24 General Tao's Chicken Steamed Brown Rice Broccoli Florets Fresh Fruit | 25 Porcupine Sliders on WG Roll (recipe with turkey) Baked French Fries Steamed Green Beans Fresh Fruit | 26 Meatball Grinder Melted Mozzarella Marinara Sauce Vegetable Cups with Hummus Fresh Fruit | 27 Chicken Patty on WG Roll Baked French Fries Broccoli with melted cheese Fresh Fruit | 28 School Made Calzone Marinara Sauce Vegetable Cups with Hummus Fresh Fruit |
| | | | Questions? Contact Liz Paternostro Director of Food & Nutrition Services Liz.paternostro@easthaddamschools.org | |

We are striving for healthier lunch options, featuring more fresh & natural foods and more cooking from scratch in our kitchen.

Breakfast Daily!
\$1.60
 Reduced Breakfast .30
 Free to those who qualify

Lunch \$3.10
 Reduced Lunch .40
 Free to those who qualify

Alternate Daily Lunch
 Deli Bar
 Chicken Patty Sandwich
 Pizza Option

All meals include choice of milk(1% or FF Chocolate), fresh fruit/vegetable, and fruit cup.
Select 3 or all 5 items for a complete meal



ADD \$ TO A STUDENT'S ACCOUNT @ mypaymentsplus.com
CALL THE OFFICE TO GET STUDENT ID # OR CHECK PAYABLE TO EAST HADDAM CAFETERIA FUND*

Menu Subject To Change