

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.

Alternate Lunch Daily
Deli Bar
Chicken Option
Pizza Option
Assorted Salads

Lunch \$3.10
Breakfast \$1.60
If your student receives FREE or REDUCED lunch, breakfast is FREE or REDUCED!
All meals include: Raw Veggie Cups & Hummus
Fruit: Fresh &/or Canned in Lite Syrup or Juice.
Milk: 1% White or Chocolate Skim



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