

# October 2018 CHAPIN ST., EAST ST. & VETERAN'S PARK SCHOOLS



**School Information: Lunch Price \$2.75**



**Menu Subject to change**

"USDA is an equal opportunity provider and employer"



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



## Monday

Breakfast for Lunch **1**  
Chilled Juice  
Pancakes w/Syrup  
Hash Brown Potato, Bacon  
Assorted Fruit

## Tuesday

Tomato Noodle Soup **2**  
Ham & Cheese Sandwich  
Cape Cod Chips  
Cucumber Coins  
Watermelon Chunks

## Wednesday

Spaghetti w/Meatballs **3**  
WW Dinner Roll  
Side Salad w/Dressing  
Fresh Fruit

## Thursday

Chicken & Gravy **4**  
Mashed Potatoes  
WW Dinner Roll  
Sweet Corn  
Orange Smiles

## Friday

Cheese or Pepperoni Pizza **5**  
Three Bean Salad  
Fresh Fruit

Columbus Day **8**  
No School

**NATIONAL SCHOOL LUNCH WEEK – OCTOBER 15-19**

Pulled Pork on a WW Roll **9**  
Seasoned Rice  
Peppers & Onions  
Chocolate Pudding w/Topping

Oven baked Chicken **10**  
Oven Roasted Potatoes  
WW Dinner Roll  
Seasoned Carrots  
Fresh Fruit

Chicken Nuggets **11**  
w/Dipping Sauce  
Potato Rounds  
Three Bean Salad  
Pineapple Tidbits

Mozzarella Sticks **12**  
w/Marinara Sauce  
Seasoned Rotini  
Seasoned Spinach  
Fresh Fruit

Hot Dog on a WW Bun **15**  
Potato Rounds  
Baked Beans  
Applesauce Cup

Chicken & Cheese **16**  
Quesadillas w/Salsa & Sour Cream, Seasoned Rice  
Mixed Veggies  
Mandarin Oranges

Chicken Scampi **17**  
w/Spaghetti  
Seasoned Green Beans  
WW Dinner Roll  
Fresh Fruit

Sloppy Joes **18**  
on a WW Roll  
Oven Baked Fries  
Broccoli w/Dip  
Strawberries w/Topping

Stuffed Crust Pizza **19**  
Three Bean Salad  
Fresh Fruit

Hamburg on a WW Bun **22**  
w/Cheese  
Potato Rounds  
Sweet Peas  
Blueberries in a Cloud

Taco Tuesday **23**  
Hard or Soft Shell w/Lettuce, Tomato, Cheese & Salsa  
Rice, Mixed Veggies  
Fruit

Meatball Grinder **24**  
w/Mozzarella Cheese  
Oven Baked French Fries  
Sweet Corn  
Assorted Fruit

Turkey w/Gravy **25**  
Mashed Potatoes  
Seasoned Carrots  
Dinner Roll  
Cup of Fruit

Pizza Round w/Cheese **26**  
or Pepperoni  
Three Bean Salad  
Fresh Fruit

Chicken Noodle Soup **29**  
Grilled Cheese Sandwich  
Cape Cod Chips  
Seasoned Carrots  
Peach Cup

Baked Macaroni & Cheese **30**  
WW Dinner Roll  
Seasoned Green Beans  
Fresh Fruit

Parent-Teacher-Conferences  
No Lunches Served

**HAPPY HALLOWEEN!!**

**31**

**ALTERNATE LUNCHES**  
Week 1: Buffalo Chicken Wrap  
Week 2: Grilled Cheese  
Week 3: Tuna Sandwich  
Week 4: Turkey & Cheese Wrap  
Week 5: Hot Dog

**Earn extra money part-time. Work as a substitute in our School Lunch Department.**  
[www.schoolspring.com](http://www.schoolspring.com)