



Price \$3.00

OCTOBER 2019

Ludlow High School

Alternate Lunch: \$3.00
Hot Dog, Sunbutter & Jelly, Toasted Cheese
The Pizza Spot & Deli \$3.00

Monday

Tuesday

Wednesday

Thursday

Friday

1
Chicken Rice Soup
Grilled BLT Sandwich
Cape Cod Chips
Seasoned Carrots
Cup of Fruit

2
Chicken & Gravy
Mashed Potatoes
WW Dinner Roll
Sweet Corn
Fresh Fruit

3
Sloppy Joe on a WW Roll
Seasoned Rice
Broccoli w/Dip
Orange Smiles

4
Stuffed Crust Pizza
Three Bean Salad
Fresh Fruit

7
Steak & Cheese Grinder
w/Peppers & Onions
Potato Rounds
Applesauce Cups

8
Taco Tuesday
Taco on a Hard or Soft Shell
w/Lettuce, Tomato, Cheese
& Salsa, Seasoned Rice
Mixed Veggies, Fresh Fruit

9
Spaghetti & Meatballs
Garlic Bread
Cucumber Coins
Fresh Fruit

10
Grilled Chicken Patty on a
WW Roll
Oven Baked Fries
Spinach Salad
Pineapple Tidbits

11
Cheese or Pepperoni Pizza
Three Bean Salad
Fresh Fruit

14
Columbus Day
No School

15
Chicken Fajitas w/Lettuce,
Tomato, Salsa
& Sour Cream
Seasoned Rice
Mixed Veggies
Mandarin Oranges

16
Breakfast for Lunch
Chilled Juice
Pancakes w/Syrup
Sweet Potatoes
Sausage, Assorted Fruit

17
Cheeseburger Special
w/Lettuce & Tomato
Oven Baked Fries
Sweet Corn
Blueberries in a Cloud

18
Mozzarella Sticks
w/Marinara Sauce
Seasoned Rotini
Spinach Salad
Fresh Fruit

21
Teriyaki Chicken Strips
w/LoMein Noodles
Peppers & Onions
Pineapple Tidbits

22
Baked Potato Bar w/All
The Fixins, Steamed
Broccoli, Vegetarian Chili
& Shredded Cheese
Fresh Fruit

23
Meatball Grinder
w/Mozzarella Cheese
Oven Baked Fries
Red Pepper Strips
Assorted Fruit

24
Buffalo Chicken Wrap
Seasoned Rice
Sweet Corn
Cup of Fruit

25
Pizza Round
Three Bean Salad
Fresh Fruit

28
Chicken Noodle Soup
Deli Melt
Cape Cod Chips
Seasoned Carrots
Peach Cups

29
Pork Roast w/Gravy
Oven Roasted Potatoes
WW Dinner Roll
Sweet Corn
Fresh Fruit

30
Lasagna w/Meat Sauce
Garlic Knot
Side Salad w/Dressing
Cup of Fruit

31
Happy Halloween!
Chicken Patty on a WW Roll
Oven Baked Fries
Seasoned Green Beans
Fresh Fruit



Menu Subject to Change
"USDA is an Equal Opportunity
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Earn extra money part time!
Work as a substitute in our School Lunch Department.
www.schoolspring.com

