



**Mildred Aitken Elementary
George Martin Elementary
October 2017**

Student: \$2.75 Reduced: 40¢

A full student lunch includes a choice of entrée supplying protein and whole grain, two (2) vegetable side dish, two (2) fruit side dishes, and a choice of milk.

Milk choices include 1% white and skim chocolate

Monday	Tuesday	Wednesday	Thursday	Friday
10-2 Popcorn Chicken Served with Seasoned Pasta & Seasoned corn	10-3 <i>Macho Nachos</i> Refried Beans Salsa	10-4 Cheesy Baked Pasta Breadstick Herbed Broccoli & Cauliflower Roasted Green Beans	10-5 <i>WG Pancakes</i> Scrambled Eggs Warm Apple Slices Potato Puffs	10-6 <i>Classic Cheese or Pepperoni Pizza</i> Sweet Potato Fries
Alternate meals: 2. Crispy Chicken Caesar Salad with Dinner Roll 3. Pretzel, Sunbutter & Cheese Fun Lunch				
10-9 Columbus Day No School	10-10 Crunchy Beef Tacos With Lettuce, Tomato & Cheddar Garnish Salsa Rice & Beans	10-11 Chicken Alfredo Rofini Herbed Breadstick Lemon Garlic Broccoli Cinnamon Carrots	10-12 Bagel Egg & Cheese Sandwich Hash Brown Patty Apple Crisp	10-13 Cheese Stuffed Breadsticks Marinara Sauce Golden Corn
Alternate Meals: 2. Grilled Cheese Sandwich 3. Nachos Fun Lunch				
10-16 Turkey Hot Dog Boston Baked Beans	10-17 <i>Macho Nachos</i> Refried Beans Salsa	10-18 Turkey with Gravy Mashed Potatoes Crispy Corn WG Biscuit	10-19 French Toast Sticks Served with Turkey Sausage Potato Puffs	10-20 Classic Cheese or Pepperoni Pizza Savory Green Beans
Alternate Meals 2. Sunbutter & Jelly Sandwich 3. Cereal & Yogurt Fun Lunch				
10-23 Chicken Nuggets Seasoned Pasta Roasted Broccoli Carrot Fries	10-24 Seasoned Taco Filling With WG Tortilla with Lettuce, Tomato and Cheddar Garnish Salsa	10-25 Penne Pasta with Meatballs Breadstick Seasoned Green Beans	10-26 <i>Classic Hamburger</i> Baked Crinkle Fries Seasoned Peas and Carrots	10-27 Classic Cheese Pizza Baked Beans
Alternate meals: 2. Strawberry Parfait with Granola 3. Muffin & Pretzel Fun Lunch				
10-30 Popcorn Chicken Served with Seasoned Pasta & Seasoned corn	10-31 <i>Macho Nachos</i> Refried Beans Salsa			

Alternate meals: 2. Crispy Chicken Caesar Salad with Dinner Roll 3. Pretzel, Sunbutter & Cheese Fun Lunch

Choose with any meal:	Choose with any meal	Choose with any meal:	Choose with any meal:	Choose with any meal:
Green & Red Pepper Strips Carrot Sticks Assorted Fresh Fruit Assorted Chilled Fruit	Cucumber Coins <i>Sweet Corn & Pepper Salad</i> Assorted Chilled Fruit Fresh Whole Fruit	<i>Sweet Corn & Pepper Salad</i> Carrot Sticks Assorted Chilled Fruit Fresh Whole Fruit	Carrot Sticks Caesar Salad Assorted Chilled Fruit Fresh Whole Fruit	Caesar Salad Broccoli Bites Assorted Chilled Fruit Fresh Whole Fruit



Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and

Questions or Comments?
Please call Karleen DeLellis, Foodservice Director
at 508-336-7272 ext 62117

This institution is an equal opportunity provider and employer
If you have any food allergies, please let us know!