

Welcome to our Lunch Cafe at...

Side By Side Elementary

October 2018

MEATLESS MONDAY

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| <p>1 Mozzarella Sticks 🍷 Tomato Sauce Dip 🍷 Steamed Peas Whole Wheat Dinner Roll Or Pretzel 🍷 With Creamy Sunbutter And Mozzarella String Cheese Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> | <p>2 Baked Chicken Tenders Whole Wheat Dinner Roll Sweet Potato Fries Or Pretzel 🍷 With Creamy Sunbutter And Mozzarella String Cheese Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> | <p>3 Lemongrass Chicken Brown Rice Whole Wheat Dinner Roll Red Pepper Strips Or Pretzel 🍷 With Creamy Sunbutter And Mozzarella String Cheese Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> | <p>4 Nachos Grande 🍷 With Mild Salsa Black Beans Or Creamy Sunbutter With Pretzel 🍷 And Mozzarella String Cheese Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> | <p>5 Cheese Pizza 🍷 Or Broccoli Pizza 🍷 With Garden Salad Or Pretzel 🍷 With Creamy Sunbutter And Mozzarella String Cheese Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> |
| <p>8 Homemade Mac & Cheese 🍷 Steamed Peas Or Crudite & Cheese Platter 🍷 Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> <p>MEATLESS MONDAY</p> | <p>9 Crispy Popcorn Chicken Whole Wheat Dinner Roll Sweet Potato Fries Or Crudite & Cheese Platter 🍷 Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> | <p>10 Chicken Cheese Quesadilla Mild Salsa Red Pepper Strips Or Crudite & Cheese Platter 🍷 Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> | <p>11 Beef Hot Dog on Bun Baked Beans Or Crudite & Cheese Platter 🍷 Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> | <p>12 Cheese Pizza 🍷 Or Pepperoni Pizza 🍷 With Caesar Salad Or Crudite & Cheese Platter 🍷 Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> |
| <p>15 Whole Grain French Toast Slices 🍷 With Syrup Crispy Potato Puffs Or Veggie Burger 🍷 Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> <p>MEATLESS MONDAY</p> | <p>16 Baked Chicken Tenders Whole Wheat Dinner Roll Sweet Potato Fries Or Veggie Burger 🍷 Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> | <p>17 Sloppy Joe on a Bun 🍷 Red Pepper Strips Or Veggie Burger 🍷 Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> | <p>18 Tangerine Dream Chicken Rice Bowl 🍷 Garbanzo Beans Or Veggie Burger 🍷 Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> <p>IT'S STUDENT APPRECIATION DAY</p> | <p>19 Cheese Pizza 🍷 Or Margherita Pizza 🍷 With Garden Salad Or Veggie Burger 🍷 Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> |
| <p>22 Stuffed Bread Sticks 🍷 Tomato Sauce Dip 🍷 Steamed Peas Or Fruity Granola Parfait 🍷 Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> <p>MEATLESS MONDAY</p> | <p>23 Chicken Wings Whole Wheat Dinner Roll Sweet Potato Fries Or Fruity Granola Parfait 🍷 Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> | <p>24 Grilled Cheese Sandwich 🍷 With Homemade Carrot & Raisin Slaw Red Pepper Strips Or Fruity Granola Parfait 🍷 Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> | <p>25 Cheeseburger Baked Potato Wedges Or Burger Baked Potato Wedges Garbanzo Beans Or Fruity Granola Parfait 🍷 Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> <p>Lucky Tray Day!</p> | <p>26 Cheese Pizza 🍷 Or Pepperoni Pizza 🍷 With Caesar Salad Or Fruity Granola Parfait 🍷 Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> |
| <p>29 Mozzarella Sticks 🍷 Tomato Sauce Dip 🍷 Steamed Peas Whole Wheat Dinner Roll Or Pretzel 🍷 With Creamy Sunbutter And Mozzarella String Cheese Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> | <p>30 Baked Chicken Tenders Whole Wheat Dinner Roll Sweet Potato Fries Or Pretzel 🍷 With Creamy Sunbutter And Mozzarella String Cheese Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> | <p>31 Lemongrass Chicken Brown Rice Whole Wheat Dinner Roll Red Pepper Strips Or Pretzel 🍷 With Creamy Sunbutter And Mozzarella String Cheese Or Garden Salad with Cheese Entree 🍷 Or Cheese Sandwich 🍷</p> | <div data-bbox="941 1478 1516 1792" data-label="Complex-Block"> <p>HARVEST of the MONTH</p> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p> <p>WHITSON'S School Nutrition</p>  </div> | |



October is National Farm to School Month! Join us as we celebrate with food, nutrition education, school gardens and plates filled with healthy, natural ingredients!



Lunch Prices:
Elementary Lunch \$2.65
Middle School Lunch \$3.25
Reduced Lunch .40 Milk .50
Lunch Includes:
Skim Milk, Low Fat Milk, Fat Free Chocolate Milk or Lactose Free Milk
If you have any questions please contact the Frank Harris Nutrition Center at 203-899-2990.

Grades 6th - 8th Deli Option:
Turkey, Ham, Turkey Salami, Turkey Bologna, Tuna Salad, American, Provolone, or Swiss Cheese, Lettuce, Tomato, Whole Wheat Kaiser Roll, Whole Wheat Tortilla Wrap, Assorted Condiments.
Available Daily With All Meals:
Fresh Seasonal Whole Fruits. Assorted Chilled Fruit Cups
Fresh Vegetables:
Grape Tomatoes, Celery, Baby Carrots, & Cucumbers

🍷 VEGETARIAN 🍷 MADE WITH NATURAL INGREDIENTS 🍷 PORK 🍷 MADE WITH ORGANIC INGREDIENTS

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.