

ALTERNATE MEAL
M,W,F – Bagel & Cream Cheese
T,Th – Ham or Turkey Sandwich

OCTOBER 2017

Monkton Central School

Amy Tinker, Manager
 Debbie Preston, Assistant

Monday

Macaroni and Cheese
 Honey Glazed Carrots
 Broccoli
 Fresh Fruit and Veggie Bar
 Milk

2

Tuesday

HALF DAY BAG LUNCH
 Turkey & Cheese Sandwich
 With Lettuce and Tomato
 Carrot and Celery Sticks with Dip
 Fresh Fruit and Veggie Bar
 Milk

3

Wednesday

PIZZA DAY
Cheese, Pepperoni or Veggie Pizza
 Caesar Salad with Romaine
 Fresh Fruit and Veggie Bar
 Milk

4

Thursday

Honey Lemon Chicken
 Mashed Potatoes
 Baked Beans
 Whole Grain Biscuit
 Fresh Fruit and Veggie Bar
 Milk

5

Friday

Vegetable Barley Soup
Cheese Quesadillas
 Salsa and Sour Cream
 Buttery Corn
 Fresh Fruit and Veggie Bar
 Milk

6

Monday

Rotini Pasta w/ Marinara
 Roasted Green Beans
 Homemade Garlic Bread
 Cottage Cheese
 Fresh Fruit and Veggie Bar
 Milk

9

Tuesday

Beef or Bean Burritos with Cheese
 on Whole Wheat Tortilla
 Roasted Zucchini
 Brown Rice
 Fresh Salsa
 Fresh Fruit and Veggie Bar
 Milk

10

Wednesday

Roasted Pork with Apples
 Mashed Potatoes
 Steamed Broccoli
 Dinner Roll
 Fresh Fruit and Veggie Bar
 Milk

11

Thursday

Barbeque Chicken on a Whole Wheat Bun
 Butternut Squash
 Sweet Peas
 Fresh Fruit and Veggie Bar
 Milk

12

Baked Potato Bar
Ham, Broccoli, Cheddar
 Carrot Sticks
 Sour Cream
 Blueberry Muffin
 Fresh Fruit and Veggie Bar
 Milk

13

Cheesy Breakfasts w/ Marinara Sauce
 Roasted Cauliflower
 Fresh Fruit and Veggie Bar
 Milk

16

Chicken Tenders w/ BBQ Sauce
 Roasted Cauliflower
 Baked Beans
 Corn Muffin
 Fresh Fruit and Veggie Bar
 Milk

17

Breakfast for Lunch
Cheesy Scrambled Eggs
 Sausage
 French Toast Sticks
 Steamed Broccoli
 Fresh Fruit and Veggie Bar
 Milk

18

NO SCHOOL

19

NO SCHOOL

20

Grilled Cheese Sandwich
 Tomato Tortellini Soup
 Three Bean Salad
 Fresh Fruit and Veggie Bar
 Milk

23

Spaghetti with Meat Balls and Marinara Sauce
 Steamed Broccoli
 Garlic Bread
 Fresh Fruit and Veggie Bar
 Milk

24

Chicken and Biscuits with Seasonal Veggies
 Roasted Green Beans
 Fresh Fruit and Veggie Bar
 Milk

25

Hamburger, Cheeseburger Or Veggie Burger
 On Whole Wheat Bun
 Sweet Potato Fries
 Fresh Fruit and Veggie Bar
 Milk

26

Broccoli Cheddar Soup
Turkey and Cheese Wrap
 Veggie Sticks with Dip
 Fresh Fruit and Veggie Bar
 Milk

27

PIZZA DAY
Cheese, Pepperoni or Veggie Pizza
 Caesar Salad with Romaine
 Fresh Fruit and Veggie Bar
 Milk

30

GHOOOOLASH (Macaroni w/ Meaty Tomato Sauce)
 Petrified Peas
 Scarrot Salad
 Freaky Fruit Salad
 Myummy Milk
HAPPY HALLOWEEN!

31

PRICES
 Paid Breakfast - \$1.25
 Paid Lunch \$2.50
 Reduced/Free Breakfast and Lunch - FREE
 Milk w/o a meal - \$.65
 Adult Breakfast \$2.50 Adult Lunch \$5.00

We regularly use local products in an effort to provide our students with the healthiest food and to support our local Addison County farmers and producers.

This institution is an equal opportunity provider.