

Available Daily:
 -Yogurt & Cheese -Baby Carrots
 Stick with Homemade
 Granola
 -Sunbutter & Jelly Sandwich





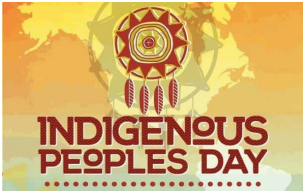







Jameson Elementary School



Milks Choices:
 1% Milk
 Skim Milk
 Chocolate Milk
 (selections may vary by day)

October Lunch Menu

| | | | | |
|---|---|---|--|--|
|  <h3>October's Harvest of the Month is Maine Apples!</h3>  | | | | |
| 4 Garlic Parmesan Flatbread Cucumbers Mixed Fruit | 5 Chicken Tenders with Biscuit Santa Fe Black Beans Grapes | 6 EARLY RELEASE DAY Bosco Sticks Carrots Maine Apples   | 7 Meatball Subs Steamed Peas Watermelon | 1 Make-Your-Own-Pizza Kits Fresh Broccoli with Dip Fresh Pears |
| 11  | 12 Cheeseburger or Hamburger Fresh Green Beans Maine Apples   | 13 BRUNCH FOR LUNCH Cheese Omelet or Sausage with French Toast Sticks Hash Browns Orange Slices | 14 Cheese Bites with Marinara Side Salad with Cherry Tomatoes Strawberries | 15 Chicken and Waffles Steamed Carrots Diced Pears |
| 18 Grilled Cheese Tomato Soup Diced Peaches | 19 Macaroni and Cheese with a Dinner Roll Roasted Chickpeas Kiwi Slices | 20 Spaghetti & Meatballs Steamed Peas Mixed Fruit | 21 Chicken Patty Sandwiches Cucumbers Cantaloupe | 22 Chicken Nuggets with a Breadstick Broccoli Bananas |
| 25 Hot Dogs Baked Sweet Potato Fries Maine Apples   | 26 Baked Mozzarella Sticks with Marinara Green Beans Diced Peaches | 27 Popcorn Chicken with a Soft Pretzel Corn Diced Pears | 28 TACO DAY! Ground Beef with Tortilla Rounds and Brown Rice Refried Beans Orange Slices | 29 Make-Your-Own-Pizza Kits Fresh Broccoli with Dip Fresh Pears *Halloween treat with each lunch*  |

This institution is an equal opportunity employer.

Menu is subject to change.