

Available Daily:
 -Yogurt & Cheese -Baby Carrots
 Stick with Homemade
 Granola
 -Chicken Patty Sandwich


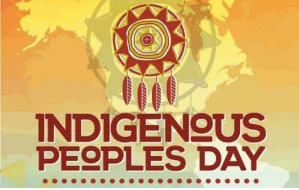








Jameson Elementary School



October Lunch Menu

Milks Choices:
 1% Milk
 Skim Milk
 Chocolate Milk

<p>3 Cheese Bites with Marinara Side Salad Diced Peaches</p>	<p>4 Chicken Patty Sandwiches Green Pepper Slices Mixed Fruit</p>	<p>5 EARLY RELEASE DAY Bosco Sticks with Marinara Baby Carrots Maine Apples </p>	<p>6 BRUNCH FOR LUNCH Cheese Omelet or Turkey Sausage with French Toast Sticks Hash Brown Rounds Orange Slices</p>	<p>7 No School Enjoy the Long Weekend!</p>
<p>10 </p>	<p>11 Lasagna Roll-Ups Garlic Knots Roasted Carrots Bananas</p>	<p>12 Chef David's  Chicken Alfredo Steamed Broccoli Strawberries</p>	<p>13 Meatball Subs Garlic Roasted Green Beans Diced Peaches</p>	<p>14 Chicken Nuggets with Cheesy Breadstick Steamed Peas Sliced Watermelon</p>
<p>17 Baked Mozzarella Sticks with Marinara Red Pepper Slices Mixed Fruit</p>	<p>18 Hot Dogs Baked French Fries Sliced Honeydew Melon</p>	<p>19 Popcorn Chicken Soft Pretzel Green Pepper Slices Orange Slices</p>	<p>20 TACO DAY Ground Beef Taco Brown Rice Refried Beans Maine Apples </p>	<p>21 Garlic Parmesan Flatbread Fresh Broccoli w/ Dip Grapes</p>
<p>24 Grilled Cheese Tomato Soup Cantaloupe</p>	<p>25 Macaroni & Cheese Dinner Roll Rosemary Roasted Cauliflower Mixed Fruit</p>	<p>26 Chicken Tenders Garlic Toast Mashed Potatoes Fresh Peaches</p>	<p>27 Cheeseburger or Hamburger Roasted Chickpeas Orange Slices</p>	<p>28 Big Daddy's Pizza Roasted Broccoli Diced Pears</p>
<p>31 Cheese Bites with  Marinara Cucumbers Diced Peaches *Pudding Dirt Cup w Meal* </p>	<p style="text-align: center;">  October's Harvest of the Month is Maine Apples  </p>			

This institution is an equal opportunity provider .

Menu is subject to change.

Available Daily:
-Assorted Cereal with Cheese



Jameson Elementary School



October Breakfast Menu

Milks Choices:
1% Milk
Skim Milk

<p>3 Assorted Cereal Diced Peaches</p>	<p>4 Bacon, Egg, and Cheese Breakfast Sandwich 100% Fruit Juice</p>	<p>5 Blueberry Muffins Applesauce</p>	<p>6 Bagel and Cream Cheese 100% Fruit Juice</p>	<p>7 No School- Enjoy the Long Weekend!</p>
<p>10  INDIGENOUS PEOPLES DAY</p>	<p>11 Banana Bread Diced Pears</p>	<p>12 Breakfast Pizza 100% Fruit Juice</p>	<p>13 Banana Chocolate Chip Breakfast Bars Diced Peaches</p>	<p>14 Apple Cinnamon Muffin 100% Fruit Juice</p>
<p>17 Blueberry Muffin Flat 100% Fruit Juice</p>	<p>18 French Toast Sticks Applesauce</p>	<p>19 Sausage, Egg, & Cheese Breakfast Sandwich 100% Fruit Juice</p>	<p>20 UBR Breakfast Bar Apple Slices</p>	<p>21 Mini Cinnis Diced Peaches</p>
<p>24 Corn Muffins 100% Fruit Juice</p>	<p>25 Whole Grain Cinnamon Scone Clementines</p>	<p>26 Banana Muffin Flat Apple Slices</p>	<p>27 Cinnamon Raisin Bagel and Cream Cheese Diced Peaches</p>	<p>28 Egg & Cheese Breakfast Sandwich on a Waffle Flatbread 100% Fruit Juice</p>
<p>31 Pumpkin Bread 100% Fruit Juice </p>	<p style="text-align: center;">  Follow us on Facebook at RSU 23 Food & Nutrition Services </p>			

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