

# THOMASTON SCHOOL LUNCH

MILK \$.50


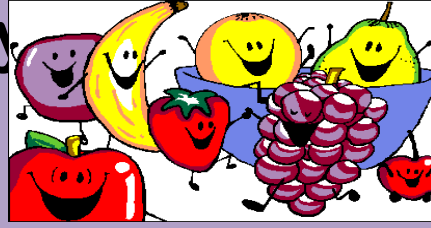
October-2017

## BLACKROCK SCHOOL

LUNCH \$3.00



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
<b>CONNECTICUT GROWN FOR CONNECTICUT KIDS WEEK OCTOBER 2-6, 2017</b>				
<b>THIS WEEK WE WILL BE FEATURING ON OUR MENU MANY CT GROWN OR MANUFACTURED FOOD ITEMS</b>				
TERIYAKI CHICKEN BITES DINNER ROLL CORN <b>CT. ORCHARD APPLE</b>  CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	MINI PANCAKES WITH SAUSAGE PATTIE SYRUP OVEN BAKED POTATOES PUFFS <b>CT. ORCHARD APPLE</b> CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	MEATBALL GRINDER MARINARA SAUCE STEAMED BROCCOLI <b>CT. ORCHARD APPLE</b>  CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	STUFFED CRUST CHEESE PIZZA GARDEN SALAD <b>CT. ORCHARD APPLE</b>  CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	Professional Development Day  No School for Children
9	10	11	12	13
	CHICKEN NUGGETS BROWN RICE DIPPING SAUCES CARROTS  CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	PIZZA CRUNCHERS STEAMED GREEN BEANS  CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	SOFT SHELL BEEF TACO LETTUCE, TOMATO, CHEESE SWEET CORN  CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	STUFFED CRUST CHEESE PIZZA GARDEN SALAD  CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY
16	17	18	19	20
CHICKEN TENDERS BUTTERED NOODLES DIPPING SAUCES  CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	BOSCO STICKS MARINARA SAUCE GARDEN SALAD  CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	PENNE PASTA WITH MEAT SAUCE GARLIC BREAD STEAMED BROCCOLI CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	MINI PANCAKES WITH SAUSAGE PATTIE SYRUP OVEN BAKED POTATOES PUFFS CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	STUFFED CRUST CHEESE PIZZA GARDEN SALAD  CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY
23	24	25	26	27
POPCORN CHICKEN BITES MACARONI SALAD DIPPING SAUCES CORN CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	MOZZARELLA STICKS MARINARA DIPPING SAUCE STEAMED GREEN BEANS  CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	BEEF NACHOS with CHEESE SAUCE STEAMED BROCCOLI  CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	 TO ALL OCTOBER BIRTHDAYS TOASTED CHEESE SANDWICH TOMATO SOUP Whole Grain Mini Rice Krispie Treat CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	STUFFED CRUST CHEESE PIZZA GARDEN SALAD  CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY
30	31	1-Nov	2	3
CHICKEN PATTIE ON A BUN WITH LETTUCE AND TOMATO PEAS	HOT DOG ON A BUN BAKED BEANS <b>HOLIDAY TREAT</b> 	WARM SOFT PRETZEL CHOOSE 1 OR 2 CHEESE SAUCE, PEANUT BUTTER, STRING CHEESE OR YOGURT STEAMED BROCCOLI	HAMBURGER or CHEESEBURGER ON A BUN OVEN BAKED FRIES	STUFFED CRUST CHEESE PIZZA GARDEN SALAD

CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY
ADDITIONAL ENTREES SERVED DAILY			SUBSTITUTIONS MAY OCCUR	
Choice #2 ASSORTED GRINDERS			<b>This institution is an equal opportunity provider</b>	
Choice #3 Warm soft bagel, Cream Cheese, Fruited Yogurt, Cheese Stick,			ICE-CREAM & FROZEN TREATS \$1.00	WATER \$1.00
Choice #4 CHEF SALAD - Assorted salad greens, turkey and cheese with a dinner roll and croutons			<b>HEALTHY SNACKS</b> <b>\$1.00</b>	<b>BREAKFAST</b> <b>\$1.50</b>
Choice of non-fat or low fat, white milk or non fat chocolate, non fat strawberry milk included with every meal.				
COMPLETE EACH MEAL WITH YOUR CHOICE OF A COLORFUL ASSORTMENT OF HIGH FIBER, VITAMIN PACKED FRESH VEGGIES AND FRESH FRUIT OR CANNED FRUIT	choose one or two vegetables daily		choose one fruit daily	
<b>Milk Serving 8oz. Breads are Whole Grain Fruit and Vegetables portioned in 1/2 cup servings</b>				