

THOMASTON SCHOOL LUNCH

MILK \$.50


October-2017

CENTER SCHOOL

LUNCH \$3.00



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONNECTICUT GROWN FOR CONNECTICUT KIDS WEEK OCTOBER 2-6, 2017				
THIS WEEK WE WILL BE FEATURING ON OUR MENU MANY CT GROWN OR MANUFACTURED FOOD ITEMS				
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
TERIYAKI CHICKEN NUGGETS BUTTERED NOODLES CT. ORCHARD APPLE <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> CORN CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	MEATBALL GRINDER MARINARA SAUCE CT. ORCHARD APPLE <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> GARDEN SALAD CANNED FRUIT TRAY /FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	BOSCO STICKS MARINARA DIPPING SAUCE CT. ORCHARD APPLE <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> STEAMED GREEN BEANS CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	STUFFED CRUST CHEESE PIZZA CT. ORCHARD APPLE <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> GARDEN SALAD 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 <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> STEAMED BROCCOLI CANNED FRUIT TRAY /FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	MINI PANCAKES WITH EGG PATTIE with melted CHEESE SYRUP <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> OVEN ROASTED POTATOES CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	SOFT SHELL BEEF TACO LETTUCE, TOMATO <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> CORN CANNED FRUIT TRAY /FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	6" PERSONAL ROUND CHEESE PIZZA <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> ROMAINE CAESAR SALAD CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY
16	17	18	19	20
CHICKEN TENDERS BUTTERED NOODLES DIPPING SAUCES <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> CARROTS CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	CHICKEN WITH GRAVY MASHED POTATOES DINNER ROLL PEAS <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> CANNED FRUIT TRAY /FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	PENNE PASTA WITH MEAT SAUCE GARLIC BREAD <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> STEAMED BROCCOLI CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	PIZZA CRUNCHERS <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> GARDEN SALAD CANNED FRUIT TRAY /FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	STUFFED CRUST CHEESE PIZZA <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> GARDEN SALAD CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY
23	24	25	26	27
POPCORN CHICKEN BITES WARM DINNER ROLL DIPPING SAUCES <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> CORN CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	MOZZARELLA STICK MARINARA DIPPING SAUCE <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> GARDEN SALAD CANNED FRUIT TRAY /FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	BEEF NACHOS with CHEESE SAUCE TORTILLA CHIPS <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> STEAMED BROCCOLI CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	 TO ALL OCTOBER BIRTHDAYS TOASTED CHEESE SANDWICH Whole Grain Mini Rice Krispie Treat <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> TOMATO SOUP CANNED FRUIT TRAY /FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	6" PERSONAL ROUND CHEESE PIZZA <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> GARDEN SALAD CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY
30	31	1-Nov	2-Nov	3-Nov
ALL BEEF HOT DOG ON A BUN	HALLOWEEN FUN SHAPED CHICKEN NUGGETS BROWN RICE	WARM SOFT PRETZEL CHOOSE 1 OR 2 CHEESE SAUCE, PEANUT BUTTER,	HAMBURGER or CHEESEBURGER ON A BUN	STUFFED CRUST CHEESE PIZZA

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

