

# CARVER ELEMENTARY SCHOOL

## OCTOBER 2017

### LUNCH MENU

Lunch is \$2.50 and .40 for Reduced

CAFÉ NEWS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CAFÉ NEWS
For optimum value and nutrition we encourage students to select a complete meal Protein, Whole Grains, Fruits & Vegetables & Milk	<b>2</b> Turkey Sub Lettuce, Tomato & Pickles Baked Potato Puffs Applesauce Cup  Chicken Caesar Salad	<b>3</b> <b>Brunch for Lunch</b> Sausage, Egg & Cheese on English muffin Hash brown /Juice Applesauce Chicken Caesar Salad	<b>4</b> Chicken Patty on a wheat bun Plain or Spicy Pretzel Snacks Carrot Sticks Chilled Peaches Chicken Caesar Salad	<b>5</b> <b>PIZZA DAY</b> Personal Pan Pizza Cheese or Pepperoni Garden Salad w/dressing Chilled Mixed Fruit	<b>6</b> NO SCHOOL TEACHER PROFESSIONAL DAY  	<b>A-list snacks \$1.00</b> <b>Ala Carte Milk .60</b> <b>Milk choices from Garelick Farms Tru-Moo 1% White</b> <b>Both are Non GMO and Antibiotic Free</b>
<u>Daily Choices</u> *Smucker's PBJ w/side salad & fruit *Garden Salad w/dressing, cheese stick, croutons & fruit	<b>9</b> NO SCHOOL COLUMBUS DAY  	<b>10</b> Hamburger on a bun Cheese or Plain Baked Smiles Lettuce, tomato & Pickles / Fruit Cup  Buffalo Chicken Salad	<b>11</b> <b>PAPA GINO'S</b> Cheese or Pepperoni Spinach Salad Garlic Roasted Chick Peas Chilled Pears	<b>12</b> <b>Popcorn Chicken</b> Sweet Potato Crinkles Peas / WG Roll Fresh Apple  Buffalo Chicken Salad	<b>13</b> Nacho Boat w/cheese sauce Salsa & Bean Dip Seasoned Rice  Buffalo Chicken Salad	To make online payments and keep up to date, visit <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a> There you can set-low balance alerts & watch your child's activity
*Honey Wheat Bagel w/cream cheese or margarine, cheese stick & side salad *Assorted WG Cereal w/cheese stick & fruit	<b>16</b> <b>French Toast</b> Syrup Scrambled Egg Patty Sweet Potato Bites Chilled Applesauce  Teriyaki Chicken Salad	<b>17</b> Spaghetti w/meatballs Caesar Salad WG Dinner Roll Fresh Apple  Teriyaki Chicken Salad	<b>18</b> <b>CHICKEN NUGGETS</b> Baked Shoestring Potatoes Mixed Vegetables Chilled Pears  Teriyaki Chicken Salad	<b>19</b> Hot Dog in a roll Plain or Chilli BBQ Baked Beans Steamed Carrots Fresh Banana  Teriyaki Chicken Salad	<b>20</b> <b>PIZZA DAY</b> SAL'S Pizza Cheese or Sausage Garden Salad w/dressing Fresh Blueberry Cup	Papa Gino's Pizza Also comes Gluten Free Please contact Doreen Costa if your child would like to try it (508) 866-6230
	<b>23</b> Toasted Cheese Sandwich Cup of Tomato Soup Goldfish Crackers Fresh Orange Wedges Chicken/Bacon Ranch Salad	<b>24</b> <b>BEEF TACO</b> Lettuce – Cheddar Cheese Salsa & Bean Dip Veggie Sticks w/dip Strawberry Cup Chicken/Bacon Ranch Salad	<b>25</b> <b>PAPA GINO'S</b> Cheese or Pepperoni Garden Salad Garlic Roasted Chick Peas Chilled Pears	<b>26</b> <b>EARLY RELEASE DAY</b> <b>NO LUNCH</b>	<b>27</b> Chicken Tenders Baked Smiles Corn Cinnamon Applesauce Cup Chicken/Bacon Ranch Salad	<b>The Food Service Department is looking for Substitute Food Service workers. If interested call or email Kathleen Farrar <a href="mailto:farrark@carver.org">farrark@carver.org</a> (508) 866-6137</b>
Students are allowed to purchase 1 food item and 1 beverage item as extras	<b>30</b> <b>Chicken Noodle Soup</b> Bread Stick Carrot Sticks w/dip Fresh Apple  Teriyaki Chicken Salad	<b>31</b> <b>CHICKEN NUGGETS</b> Baked Smiles Potatoes Sweet Corn Cookie Treat  Teriyaki Chicken Salad				<b>Questions or comments?</b> Contact Kathleen Farrar Director Food Services <a href="mailto:farrark@carver.org">farrark@carver.org</a>

*The USDA is an Equal Opportunity Provider and Employer. All menus are subject to change due to availability of product.*