



LUNCH

OCTOBER 2020

Carver Elementary School

Eat Better, Eat Together Month

Free for all students
Ala Carte Milk is .60 for all students

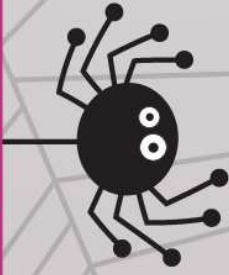
Monday

Tuesday

Wednesday

Thursday

Friday



5
Chicken Nuggets w/dipping sauce
Or
Chef Salad

Corn, Rainbow Rice

Fresh Garden Salad served w/every meal
Assorted Fresh & Cupped Fruit

6
Pasta Bar
Ziti w/choice of
Plain, Marinara sauce or meat sauce
Parmesan Cheese, Roll
Or
Ham, turkey & cheese sub
Steamed broccoli
Fresh Garden Salad served w/every meal
Assorted Fresh & Cupped Fruit

7
Curb Side Pick Up at CES
11:30-12:30
Monday & Wednesday
CESMeals@Carver.org
MHSMeals@Carver.org

8
Chicken Nuggets w/dipping sauce
Or
Chef Salad

Corn, Rainbow Rice

Fresh Garden Salad served w/every meal
Assorted Fresh & Cupped Fruit

9
No School

12
No School

13
Chicken Stir-fry w/ Soba Noodles
Or
Turkey Sandwich
Oriental Vegetables

Fresh Garden Salad served w/every meal
Assorted Fresh & Cupped Fruit

14
Curb Side Pick Up at CES
11:30-12:30
Monday & Wednesday
CESMeals@Carver.org
MHSMeals@Carver.org

15
Soup n Sandwich
Chicken Noodle Soup & Grilled Cheese
Or
Grilled Chicken Caesar Wrap

Fresh Garden Salad served w/every meal
Assorted Fresh & Cupped Fruit

16
Chicken Stir-fry w/ Soba Noodles
Or
Turkey Sandwich
Oriental Vegetables

Fresh Garden Salad served w/every meal
Assorted Fresh & Cupped Fruit

19
Crunchy Chicken Filet Sandwich
w/lettuce, tomato or onion
Plain or Spicy
Or
Ham & Cheese "Bento Box"
Fresh Garden Salad served w/every meal
Assorted Fresh & Cupped Fruit

20
Cheese Quesadilla
Or
Caesar Salad Chicken Wrap
Oven Baked Fries, Green Beans

Fresh Garden Salad served w/every meal
Assorted Fresh & Cupped Fruit

21
Curb Side Pick Up at CES
11:30-12:30
Monday & Wednesday
CESMeals@Carver.org
MHSMeals@Carver.org

22
Crunchy Chicken Filet Sandwich
w/lettuce, tomato or onion
Plain or Spicy
Or
Ham & Cheese "Bento Box"
Fresh Garden Salad served w/every meal
Assorted Fresh & Cupped Fruit

23
Cheese Quesadilla
Or
Caesar Salad Chicken Wrap
Oven Baked Fries, Green Beans

Fresh Garden Salad served w/every meal
Assorted Fresh & Cupped Fruit

26
Stuffed Crust Cheese or Pepperoni Pizza
Or
Protein Bento Box
Cubed Chicken, Egg, Fresh Fruit & Pretzel

Fresh Garden Salad served w/every meal
Assorted Fresh & Cupped Fruit

27
"Mummy" Hot Dog Bar
"Witch Finger" Fries
Scary Slaw
Or
Chef's Salad

Fresh Garden Salad served w/every meal
Assorted Fresh & Cupped Fruit

28
Curb Side Pick Up at CES
11:30-12:30
Monday & Wednesday
CESMeals@Carver.org
MHSMeals@Carver.org

29
Stuffed Crust Cheese or Pepperoni Pizza
Or
Protein Bento Box

Fresh Garden Salad served w/every meal
Assorted Fresh & Cupped Fruit

30
"Mummy" Hot Dog Bar
"Witch Finger" Fries
Scary Slaw
Or
Chef's Salad

Fresh Garden Salad served w/every meal
Assorted Fresh & Cupped Fruit

Dairy Pure 1% milk & Lactaid served daily.
Menus are subject to change upon availability of products.
The USDA is an equal opportunity provider and employer.



PAY FOR MEALS ONLINE
MySchoolBucks.com