

October 2024 Menu



SCHOOL NUTRITION SERVICES
PROVIDING NUTRITION FOR TOMORROW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 <p>Mt. Elizabeth ★ ACADEMY ★</p>	1 Daily Chefs Specials BREAKFAST Waffle Apple Slices AM SNACK: Banana Muffin LUNCH BBQ Chicken Sandwich ✓ Vegan BBQ Chicken Sandwich Green Beans Tropical Fruit AFTERNOON SNACK Sun Butter & Jelly Roll Pineapple	2 Daily Chefs Specials BREAKFAST Scrambled Eggs w/ Cheese Banana AM SNACK: Belvita Breakfast Biscuits LUNCH Beef & Cheese Nachos ✓ Bean Nachos Corn Peaches AFTERNOON SNACK Animal Crackers Applesauce	3 Daily Chefs Specials MORNING SNACK Cinnamon Oatmeal Honeydew AM SNACK: English Muffin LUNCH Chicken Nuggets ✓ Vegan Nuggets Potato Wedges Broccoli Pineapple AFTERNOON SNACK Blueberry Loaf Cucumber Slices	4 Daily Chefs Specials MORNING SNACK Biscuit w/ Jelly Banana AM SNACK: Rice Crispies LUNCH French Bread Pizza ✓ Vegan Cheese Pizza Mixed Vegetables Watermelon AFTERNOON SNACK Gogurt Crackers	
	7 Daily Chefs Specials BREAKFAST Oatmeal Bar Banana AM SNACK: Pancake LUNCH BBQ Meatball Sub ✓ Vegan Meatball Sub Green Beans Apple Slices AFTERNOON SNACK Cheese Stick (1/2 Turkey Sandwich for tots) Cucumber Slices	8 Daily Chefs Specials BREAKFAST Cheese Quiche Peaches AM SNACK: Hashbrown LUNCH Chicken Teriyaki Noodles ✓ Veggie Teriyaki Noodles Spring Roll Broccoli Orange Wedges AFTERNOON SNACK Nilla Wafers Vanilla Pudding	9 Daily Chefs Specials BREAKFAST Cinnamon French Toast Cantaloupe AM SNACK: Nutri Grain Bar LUNCH Cheese Quesadilla ✓ Vegan Cheese Quesadilla Potato Wedges Garden Salad Pineapple AFTERNOON SNACK Blueberry Muffin Melon	10 Daily Chefs Specials MORNING SNACK Egg & Cheese Croissant Strawberries AM SNACK: Peach Oatmeal LUNCH Chicken Broccoli & Rice Casserole ✓ Veggie Casserole Mixed Vegetables Oranges AFTERNOON SNACK Pretzels (Ritz crackers for tots) Applesauce	11 Daily Chefs Specials MORNING SNACK Apple Muffin Tropical Fruit AM SNACK: Cinnamon Crunch LUNCH Turkey & Cheese Wrap ✓ Sun Butter & Jelly Sandwich Potato Salad Banana AFTERNOON SNACK Graham Crackers Apple Slices
	14 Daily Chefs Specials MORNING SNACK Pancake Cinnamon Apples AM SNACK: Banana Muffin LUNCH BBQ Sloppy Joe ✓ Tofu BBQ Sloppy Joe Corn w/ Peppers Pineapples AFTERNOON SNACK Chex Mix (Graham crackers for tots) Applesauce	15 Daily Chefs Specials BREAKFAST Egg Square Peaches AM SNACK: Croissant LUNCH Texas Chicken Spaghetti ✓ Pasta Marinara Broccoli Banana AFTERNOON SNACK Gogurt Cantaloupe	16 Daily Chefs Specials BREAKFAST Blueberry Oatmeal Apple Slices AM SNACK: Cinnamon Raisin Bread LUNCH Cheeseburgers On Bun / LTO ✓ Veggie Burger on Bun Potato Wedges Green Beans Orange Wedges  AFTERNOON SNACK Animal Crackers Applesauce	17 Daily Chefs Specials MORNING SNACK Biscuit w/ Gravy Fresh Fruit AM SNACK: Belvita Breakfast Biscuits LUNCH Baked Cheese Ziti ✓ Ziti Marinara Garden Salad Tropical Fruit AFTERNOON SNACK Sun Butter & Jelly Sandwich Peaches	18 Daily Chefs Specials MORNING SNACK Bagel w/ cream cheese Honeydew AM SNACK: Honeycombs LUNCH Chicken Nuggets ✓ Vegan Nuggets Mixed Vegetables Banana Mashed Potatoes AFTERNOON SNACK Blueberry Muffin Strawberries
	21 Daily Chefs Specials BREAKFAST Blueberry Oat Muffin Cantaloupe AM SNACK: English Muffin w/ Jelly LUNCH Beef & Cheese Nachos ✓ Bean Nachos Mexican Corn Peaches AFTERNOON SNACK Nilla Wafers Vanilla Pudding	22 Daily Chefs Specials BREAKFAST Waffle Banana AM SNACK: Nutri Grain Bar LUNCH Fish Sticks ✓ Vegan Soy Sticks Mashed Potatoes Broccoli Orange Wedges AFTERNOON SNACK Chex Mix (Animal crackers for tots) Cucumber Slices	23 Daily Chefs Specials BREAKFAST French Toast Apple Slices AM SNACK: Hashbrown LUNCH Turkey & Cheese Sandwich ✓ Sun Butter & Jelly Sandwich Garden Salad Apple AFTERNOON SNACK Cheez Its (Ritz crackers for tots) Gogurt	24 Daily Chefs Specials MORNING SNACK Veggie Quiche Fresh Fruit AM SNACK: Peach Oatmeal LUNCH Pancake ✓ Breakfast Potatoes w/ spinach & Peppers Breakfast Potatoes w/ Spinach & Peppers & Sausage Banana AFTERNOON SNACK Pretzels (Banana loaf for tots) Applesauce	25 Daily Chefs Specials MORNING SNACK Cheerios/1% Milk Banana AM SNACK: Cinnamon Muffin LUNCH Turkey Peperoni Pizza Pasta ✓ Pizza Pasta Mixed Vegetables Tropical Fruit AFTERNOON SNACK Cheese Stick (Graham crackers for tots) Peaches
28 Daily Chefs Specials MORNING SNACK Blueberry Pancake Apple Slices AM SNACK: Honey Croissant LUNCH Harvest Mac & Cheese ✓ Pasta Marinara Green Beans Soft Roll Orange Wedges AFTERNOON SNACK Sun Butter & Jelly Roll Tropical Fruit	29 Daily Chefs Specials MORNING SNACK Apple Cinnamon Oatmeal Honeydew AM SNACK: Biscuit w/ Jelly LUNCH Chicken Tacos ✓ Vegan Tacos Corn w/ Peppers Banana AFTERNOON SNACK Cinnamon Bar Gogurt	30 Daily Chefs Specials MORNING SNACK Egg & Cheese Sandwich Peaches AM SNACK: Cinnamon Bread LUNCH Cheeseburger on Bun / LTO ✓ Vegan Burger on Bun Potato Wedges Sliced Apples Peas & Carrots AFTERNOON SNACK Banana Pudding Animal Crackers	31 Daily Chefs Specials MORNING SNACK Blueberry Muffin Cantaloupe AM SNACK: Cornflakes w/ Milk LUNCH Chicken Nuggets ✓ Vegan Nuggets Mashed Potatoes Broccoli Pineapple AFTERNOON SNACK Graham Cracker Applesauce		