

October 7 - October 11

2024



LOWER SCHOOL

ALL MEALS INCLUDE:

Fresh Fruit & Seasonal Salad Bar

Boars Head premium deli sandwiches on whole grain and gluten free bread

Low Fat Yogurt and Granola

Unsweetened Applesauce






Low Fat Milk or Water

Produce of the Month:

Pumpkin



- Pumpkins are a fruit, not a vegetable.
- They are usually orange, but can sometimes be yellow, white, green or red.
- Pumpkins have thick shells which contain pulp and seeds.
- Almost all parts of a pumpkin are edible.

7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday
NON VEGGIE Meatless	NON VEGGIE Bow Tie Pasta with Meat Sauce Garlic Bread Stick Green Beans	NON VEGGIE Cheese Quesadilla Chips & Salsa Pinto Beans	NON VEGGIE Chicken Nuggets Rice Pilaf Celery & Carrot Sticks with Hummus	NON VEGGIE Swedish Meatballs Mashed Potatoes Peas & Carrots
VEGGIE  Cheese Pizza Garden Salad Broccoli AFTERNOON SNACK Goldfish	VEGGIE  Bow Tie Pasta with Marinara Sauce Garlic Bread Stick Green Beans AFTERNOON SNACK Harker Trail Mix	VEGGIE  Cheese Quesadilla Chips & Salsa Pinto Beans AFTERNOON SNACK Yogurt Parfait	VEGGIE  Falafel Rice Pilaf Celery & Carrots with Hummus AFTERNOON SNACK Mini Soft Pretzel	VEGGIE  Fishless Filet Mashed Potatoes Coleslaw AFTERNOON SNACK Mini Pancakes with Maple Syrup

Vegetarian 

Produce of the Month



Kitchen Manager
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