

October 28 - November 1

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.

28 Monday	29 Tuesday	30 Wednesday	31 Thursday	1 Friday
NON VEGGIE Fall Break Day!!!	NON VEGGIE Meatless	NON VEGGIE Spaghetti with Meat Sauce Garlic Bread Stick Green Beans	NON VEGGIE Chicken Tenders Rice Pilaf Garden Salad	NON VEGGIE Butter Chicken Naan Peas & Carrots Dessert: Churros
VEGGIE  No School AFTERNOON SNACK	VEGGIE  Cheese Pizza Caesar Salad Broccoli AFTERNOON SNACK Yogurt Parfait	VEGGIE  Spaghetti with Marinara Sauce Garlic Bread Stick Green Beans AFTERNOON SNACK Watermelon Slices	VEGGIE  Soy Veggie Tenders Rice Pilaf Garden Salad AFTERNOON SNACK Popcorn	VEGGIE  Cheese Quesadilla Spanish Rice Peas & Carrots AFTERNOON SNACK Soft Pretzel Bites

Vegetarian



Produce of the Month



Kitchen Manager
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