

Monday
Tuesday
Wednesday
Thursday
Friday
1

 Popcorn Chicken
 Pasta & Red Sauce
 WG Breadstick
 Chef's Choice
 Winterblend of Vegetables
 Fresh Fruit & Food Bar
 Ice Cold Milk

2

 Meatloaf & Mashed Potato
 Chicken Ranchero Wrap
 Philly Chicken Sub with onion, green
 peppers & Swiss cheese
 Steamed Corn
 WG Roll
 Fresh Fruit & Food Bar
 Ice Cold Milk

3

 Spicy Chicken Sandwich
 Baked Cheese Sticks with dipping sauce
 Ham Chef's Salad
 Macaroni Salad
 Fresh Fruit & Food Bar
 Ice Cold Milk

4

 Pizza Day
 Boneless Buffalo Wings with Carrots and
 celery sticks
 Cream of Broccoli Soup
 Emoji Smiles
 Fresh Fruit & Food Bar
 Ice Cold Milk

5

 Professional Development Day

 No School

8

 Columbus Day

 No School

9

 Chicken Tenders
 Broccoli Alfredo Pasta
 Buffalo Chicken Wrap
 Steamed Peas & Carrots
 Fresh Fruit & Food Bar
 Ice Cold Milk

10

 Chicken or Cheese Quesadilla with Salsa
 and sour cream
 Chicken Noodle Soup with a WG Biscuit
 Sunbutter & Celery Sticks
 Fresh Fruit & Food Bar
 Ice Cold Milk

11

 Chicken Patty
 Beef & Gravy over Potato
 Tuna Melts
 Garlic Sauteed Spinach
 Fresh Fruit & Food Bar
 Ice Cold Milk

12

 Assorted Pizza's
 Pulled Pork Sandwiches
 Chef's Choice
 Broccoli, Bacon Cranberry Slaw
 Fresh Fruit & Food Bar
 Ice Cold Milk

15

 Meatless Monday
 Bosco's with Dipping Sauce
 Italian Sampler, Manicotta, Stuffed Shells
 & WG Garlic Breadstick
 Fresh Spinach Salad with Feta &
 Strawberries
 Fresh Fruit & Food Bar
 Ice Cold Milk

16

 Burger Day
 Hamburger, Cheeseburger, Veggie Burger
 Cinnamon French Toast & Bacon
 Roasted Potatoes
 Fresh Fruit & Food Bar
 Ice Cold Milk

17

 Pizza Day
 Maine Baked Potato with assorted
 Toppings
 Roasted Brussel Sprouts
 Maine Bee Soda Day
 Fresh Fruit & Food Bar
 Ice Cold Milk

18

 Roast Chicken with Potatoes
 Pancakes Bites with Strawberries
 Grilled Cheese with Tomato & Bacon
 Fresh Steamed Carrots
 Fresh Fruit & Food Bar
 Ice Cold Milk

19

 Mams Macaroni & Cheese
 Meatball Subs
 Taco Soup with WG Tortilla Chips
 Home Made Applesauce
 Fresh Fruit & Food Bar
 Ice Cold Milk

22

 Homestyle Chicken & Waffles
 Sausage Cacciatore over Rice
 Hot Ham & Cheese Croissants
 Warm Peach Cobbler
 Fresh Fruit & Food Bar
 Ice Cold Milk

23

 Taco Tuesday
 Chicken Nachos with White Queso
 Taco Casserole
 Spanish Rice
 Broccoli Bake
 Fresh Fruit & Food Bar
 Ice Cold Milk

24

 Shepherd's Pie
 Pazzo Bread with Dipping Sauce
 Chef's Choice
 Steamed Green Peas
 Fresh Fruit & Food Bar
 Ice Cold Milk

25

 Chicken Pot Pie
 Mini Frittata
 Chicken Parmesan over Pasta
 Oven roasted Squash
 Fresh Fruit & Food Bar
 Ice Cold Milk

26

 Chicken Nuggets
 Fish Chowder
 Sweet & Sour Meatballs over Rice
 Steamed Green Beans
 WG Roll
 Fresh Fruit & Food Bar
 Ice Cold Milk

29

 Teriyaki Bites
 Shrimp Poppers
 Breakfast Plate
 Glazed Carrots
 Fresh Fruit & Food Bar
 Ice Cold Milk

30

 Hot Dogs
 Rib B Que
 Chef's Choice
 BBQ Beans
 Coleslaw
 Fresh Fruit & Food Bar
 Ice Cold Milk

31

 Chicken Fajita Bowl
 Mini Corn Dogs
 Chili & Corn Muffin
 Pumpkin Squares
 Fresh Fruit & Food Bar
 Ice Cold Milk

 Don't forget to fill out a Free & Reduced lunch Form for your Child. The 30 Day Grace period expires on October 17th, and those students without an updated form will automatically switch to Paid.
 If you have any questions, please feel free to email dicarak@link75.org.