


## Leverett Elementary School Lunch Menu October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>H:</b> Spaghetti with Meat sauce <b>VH:</b> Spaghetti with Marinara <b>CS:</b> P B and J* <b>SB:</b> Mediterranean Salad Bowl	<b>2</b> <b>H:</b> Breaded Fish Sticks with homemade tartar sauce <b>VH:</b> Rice and Beans Sweet Potato Fries <b>CS:</b> Turkey and Cheese Wrap <b>SB:</b> Apple Cheddar Salad Bowl	<b>3</b> <b>H:</b> Chicken Filet Sandwich <b>VH:</b> Black Bean Burger <b>CS:</b> Tuna Sandwich <b>SB:</b> Chef Salad Bowl Oven Fries, Lettuce, Tomato, Pickles *chocolate chip cookies	<b>4</b> <b>H:</b> Chicken Quesadilla <b>VH:</b> Bean Quesadilla <b>CS:</b> Ham and Cheese on a Bun <b>SB:</b> Tuna Salad Bowl Sautéed Green and Red Peppers	<b>5</b> <b>H:</b> Pepperoni Pizza <b>VH:</b> Cheese or Veggie Pizza <b>CS:</b> Peanut Butter and Jelly* <b>SB:</b> Chef Salad Bowl
<b>8</b> No School Columbus Day	<b>9 Try It Tuesday!</b> <b>H:</b> Chicken Noodle Soup <b>VH:</b> Minestrone Soup Homemade Cornbread <b>CS:</b> Turkey and Cheese Wrap <b>SB:</b> Apple Cheddar Salad Bowl	<b>10</b> <b>H:</b> Cheeseburger on a Bun <b>VH:</b> Black Bean Burger on a Bun <b>CS:</b> Tuna Sandwich <b>SB:</b> Chef Salad Bowl Sweet Potato Fries *strawberry crisp	<b>11</b> <b>H:</b> Chicken Burrito <b>VH:</b> Bean Burrito <b>CS:</b> Ham and Cheese on a Bun <b>SB:</b> Tuna Salad Bowl Sautéed Green and Red Peppers	<b>12</b> <b>H:</b> Pepperoni Pizza <b>VH:</b> Cheese or Veggie Pizza <b>CS:</b> Peanut Butter and Jelly* <b>SB:</b> Chef Salad Bowl
<b>15</b> <b>H:</b> Ham and Cheese Stromboli <b>VH:</b> Broccoli and Cheese Stromboli <b>CS:</b> P B and J* <b>SB:</b> Mediterranean Salad Bowl	<b>16 Breakfast for Lunch</b> <b>H:</b> Pancakes with Diced Ham <b>VH:</b> Pancakes with Tofu Scramble <b>CS:</b> Turkey and Cheese Wrap <b>SB:</b> Apple Cheddar Salad Bowl	<b>17</b> <b>H:</b> Cheese Ravioli with Marinara Steamed Broccoli <b>CS:</b> Tuna Sandwich <b>SB:</b> Chef Salad Bowl *pumpkin chocolate chip cookies	<b>18</b> <b>H:</b> Beef Taco Boats <b>VH:</b> Bean Taco Boats <b>CS:</b> Ham and Cheese on a Bun <b>SB:</b> Tuna Salad Bowl Sautéed Green and Red Peppers	<b>19</b> No School Curriculum Day
<b>22</b> <b>H:</b> Egg and Cheese Breakfast Burrito <b>VH:</b> Rice and Bean Burrito <b>CS:</b> P B and J* <b>SB:</b> Mediterranean Salad Bowl Salsa and Sour Cream	<b>23 Breakfast for Lunch</b> <b>H:</b> Toasted Bagel with Cream Cheese <b>CS:</b> Turkey and Cheese Wrap <b>SB:</b> Apple Cheddar Salad Bowl Strawberry Blueberry Smoothies	<b>24</b> <b>H:</b> Hot Dog on a Bun <b>VH:</b> Veggie Dog on a Bun <b>CS:</b> Tuna Sandwich <b>SB:</b> Chef Salad Bowl Vegetarian Baked Beans *rice krispie treats	<b>25</b> <b>H:</b> Nachos with Chicken <b>VH:</b> Nachos with Black Beans Brown Rice <b>CS:</b> Ham and Cheese on a Bun <b>SB:</b> Tuna Salad Bowl Sautéed Green and Red Peppers	<b>26</b> <b>H:</b> Pepperoni Pizza <b>VH:</b> Cheese or Veggie Pizza <b>CS:</b> Peanut Butter and Jelly* <b>SB:</b> Chef Salad Bowl
<b>29</b> <b>H:</b> Macaroni and Cheese Steamed Broccoli <b>CS:</b> P B and J* <b>SB:</b> Mediterranean Salad Bowl	<b>30</b> <b>H:</b> Meatball Grinder with Sauce and Cheese <b>VH:</b> Veggie Meatball Grinder <b>CS:</b> Turkey and Cheese Wrap <b>SB:</b> Apple Cheddar Salad Bowl	<b>31</b> Happy Halloween! <b>H:</b> Grilled Cheese Sandwich <b>CS:</b> Tuna Sandwich <b>SB:</b> Chef Salad Bowl Tomato Soup *oatmeal raisin cookies	<b>1</b> Locally sourced pears will be featured on the salad bar throughout the month of October. We're also serving local apples, carrots and cukes from Joe Czajkowski Farm in Hadley.	<b>2</b> Harvest of the Month Item: Pears! 

**Key: H=Hot Lunch VH=Vegetarian Hot Lunch CS=Sandwich SB=Salad Bowl. All lunches come with the full salad bar, fresh fruit or 100% juice and choice of milk. Grains are whole unless specified. Milk is lowfat or nonfat.**

\*Choking prevention for preschool aged children forbids serving hotdogs and other high-risk foods including nuts and nut butters. Cheese sandwiches will be offered on Mondays and Fridays and hot lunch on hot dog day will be a grilled cheese sandwich for pre-k children.

*This institution is an equal opportunity provider.*