

OCTOBER 2020

Elementary Menu

Monday



Tuesday

Wednesday

Thursday

Friday

Grab 'N Go Breakfast Menu:

Monday: WG Pastry or Mini Pancakes
Tuesday: WG Pastry or Sausage Pancake Roll-Up
Wednesday: Pillsbury Bagel Bar or WG Cinnamon Roll
Thursday: Pillsbury Bagel Bar or Mini Pancakes
Friday: WG Pastry or Bacon, Egg & Cheese Sandwich
All breakfasts come with a fruit and choice of milk

***Mini Cheese Calzones** **5**
w/ Dipping Sauce
***Yogurt Munchable**
Green Beans
Fruit or 100% Juice

National Noodle Day **6**
***Chicken Alfredo Bake w/ Breadstick**
***Turkey & Cheese Sandwich**
Mixed Veggies
Fresh Fruit

***Cheeseburger** **7**
***Turkey & Cheese Sandwich**
Au Gratin Potatoes
Baked Beans
Fruit or 100% Juice

***Triple Dipper** **1**
Chicken Nuggets, Soft Pretzel Bites & Tater Tots
***Yogurt Munchable**
Tater Tots
Fresh Fruit

***Assorted Pizza** **2**
***Yogurt Munchable**
Baby Carrots
Fruit or 100% Juice


***Mickey's Cheese Pizza** **8**
***Turkey & Cheese Sandwich**
Broccoli
Fresh Fruit

Early Dismissal **9**

Teacher In-Service **12**
Schools Closed


SCHOOL LUNCH WEEK



***Chili Cheese Dog** **13**
***Hamburger on Bun**
Baked Beans
Diced Carrots
Fresh Fruit 

***McRocket Breakfast Sandwich** **14**
Sausage, Egg & Cheese between Pancakes
***Hamburger on Bun**
Hash Brown
Fruit or 100% Juice

***Chicken Fried Rice & Veggie Egg Roll** **15**
***Hamburger on Bun**
Seasoned Broccoli
Fresh Fruit 

***Assorted Pizza** **16**
***Hamburger on Bun**
Corn
Fruit or 100% Fruit Juice 

***Shrimp Poppers & WG Roll** **19**
***Yogurt Munchable**
Steamed Mixed Veggies
Fruit or 100% Juice

***Beef Nachos** **20**
w/ cheese, salsa & sour cream
***Ham & Cheese Sandwich**
Refried Beans
Fresh Fruit

SUBWAY DAY **21**
***Subway Sub w/ WG Sun Chips**
***Ham & Cheese Sandwich**
Fresh Veggies w/ LF Dip
Fruit or 100% Juice

***Hot Turkey Gravy over Waffles** **22**
***Ham & Cheese Sandwich**
Mashed Potatoes
Corn
Fresh Fruit

***Mickey's Cheese Pizza** **23**
***Ham & Cheese Sandwich**
Peas & Carrots
Fruit or 100% Juice

***Mozzarella Cheese Sticks w/ Marinara Sauce** **26**
***Yogurt Munchable**
Green Beans
Fruit or 100% Juice

***Chicken Patty Sandwich** **27**
***Bologna & Cheese Sandwich**
Cowboy Salad
Fresh Fruit

***French Toast Sticks & Sausage Links** **28**
***Bologna & Cheese Sandwich**
Hash Browns
Warm Apples w/ Cinnamon

***Grilled Cheese** **29**
***Bologna & Cheese Sandwich**
Tomato Soup w/ Crackers
Rocket School Salad
Fresh Fruit

Happy Halloween! **30**
***Assorted Pizza**
***Bologna & Cheese Sandwich**
Spine Chilling veggies
Ghostly Good Fruit Cup 

Milk choices are white and 1% chocolate

PB&J is available every day as an alternate entrée choice

Don't forget- a NEW Free & Reduced Meal Application must be submitted each year. They are available on the [district website](http://www.compass.state.pa.us) or at www.compass.state.pa.us