

LUNCH

October 2015

Elementary K-5 Hot Lunch Menu

Welcome Back! We have a Mac & Cheese this year to tell you about. It features a creamy cheese sauce made by Land O'Lakes. It meets all of our nutrition requirements – lower in fat and sodium and has whole grain rich pasta. We are also introducing “Get Vertical” roasted red pepper hummus. It's very tasty- sweet and nutty, it's great with crunchy baby carrots! As always, low fat white or non-fat chocolate milk is offered with every meal. Ketchup and mustard when applicable.

PRICE: K – GR 5 Only \$1.75!

Menu items are subject to change without notice.



* Monday

HELP WANTED!

Nutrition Services is accepting applications. Great hours for parents! Work only during school hours on school days!

* Tuesday

Contact HR for an application or go online @ www.enfieldschools.org to submit an application.

* Wednesday

Friendly Reminder:

Our bank does not accept foreign coins. Foreign coins (including Canadian) will NOT be accepted.

* Thursday

Thanksgiving in October!

Turkey and Gravy
Mashed Potatoes
Sweet Peas, Cranberry Sauce
Whole Wheat Dinner Roll
Choice of Fruit

* Friday

The “MAX”

Cheesy Pizza Square
Steamy Broccoli Spears
Crunchy Carrots
“Get Vertical” Hummus
Choice of Fruit

Where's the Beef?

Whole Wheat Bun
Hamburger American Cheese
Oven Baked French Fries
Corn OFF the Cob
Choice of Fruit

This Lunch is Twisted !

Big Soft Twisted Pretzel
Stringy Mozzarella Stick
Baby Carrots
NEW “Get Vertical” Hummus
Choice of Fruit

Pasta Day Your Way!

Pasta & Meat Sauce or Plain
Tossed Salad & Italian Dressing
Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

It's a Wrap-Mexican Style!

Seasoned Chicken Fajita Strips
Shredded Cheddar Cheese
Lettuce Cup Spicy Salsa
Spanish Brown Rice, Refried Beans
100% Juice Sherbet or Fruit Cup

Grilled to Perfection!

Grilled Cheese Sandwich
Hot Tomato Soup Crackers
Steamy Broccoli Spears
Crunchy Cucumber Slices
Choice of Fruit

NO SCHOOL COLUMBUS DAY



Ballpark Frank!

Hot Dog (Turkey) in a Bun
Honey Baked Beans
Oven Baked French Fries
Choice of Fruit

Pasta Day Your Way!

Pasta Meat Sauce or Plain
Tossed Salad & Italian Dressing
Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

Golden Baked Chicken Patty

Breaded Chicken Patty, Cheese
Whole Wheat Roll, Oven fries
Mixed Veggies
Choice of Fruit

New Item! So Creamy & Cheesy

Macaroni and Cheese
Steamy Broccoli Spears
Baby Carrots
Whole Wheat Dinner Roll
Choice of Fruit

Oven Crispy Nuggets!

Breaded Chicken Nuggets
Oven Baked French Fries
Whole Wheat Dinner Roll
Corn OFF the Cob
Choice of Fruit

Meatball Sub Day!

Meatballs and Sauce
on Grinder Roll Grated Mozz Cheese
Oven Baked Potato Puffs
Steamed Carrots
Choice of Fruit

Pasta Day Your Way!

Pasta & Meat Sauce or Plain
Tossed Salad & Italian Dressing
Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

Mexican Taco Salad!

Taco Chips & Taco Meat
Cheddar Cheese
Lettuce Cup Spicy Salsa
Spanish Brown Rice, Refried Beans
100% Juice Sherbet or Fruit Cup

Crisp from the Oven!

Breaded Mozzarella Sticks
Marinara Sauce, Oven fries
Steamy Broccoli Spears
Whole Wheat Dinner Roll
Choice of Fruit

This Chicken is Popping!!

Breaded Popcorn Chicken
Mashed Potatoes Gravy
Whole Wheat Dinner Roll
Corn OFF the Cob
Choice of Fruit

It's Breakfast for Lunch!

Sweet Warm Waffles
Breakfast Sausage Link
Potato Puffs
Steamed Carrots
Orange Smiles or Juice

Pasta Day Your Way!

Pasta & Meat Sauce or Plain
Tossed Salad & Italian Dressing
Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

Thanksgiving Before Halloween

Turkey and Gravy
Mashed Potatoes
Sweet Peas, Cranberry Sauce
Whole Wheat Dinner Roll
Choice of Fruit

The “MAX”

Cheesy Pizza Square
Steamy Broccoli Spears
Crunchy Carrots
“Get Vertical” Hummus
Choice of Fruit