

OCTOBER 2018

Saint Amelia School

MONDAY

1

Breaded Chicken Pattie on a bun
French Fries
Corn
Stewed Tomatoes
Mixed Fruit
Milk

8

COLUMBUS DAY
NO SCHOOL

FYI – We offer skim milk, 1% milk, Choc Non-fat and Choc. Low fat as well as soy milk by request

15

Spaghetti with plain or meat sauce
Green Beans
Garden Green Salad
Mixed Fruit
Milk

22

Goulash
Green Beans
Tossed Salad
Fruit Cocktail
Milk

29

Chicken Parmesan
Pasta w/ sauce
Fruit Cocktail
Green Beans
Tossed Salad
Milk

TUESDAY

2

Sloppy Joe's Sandwiches
Peas and Carrots
Vegetarian Beans
NY Empire Apples
Milk

9

STAFF DEVELOPMENT
DAY
NO SCHOOL

16

Roasted Turkey
Mashed Potatoes
Gravy
Corn
Diced Pears
Milk

23

Chicken/Broccoli Alfredo
Penne Pasta
Broccoli Florets
Green Seedless Grapes
Chopped Romaine Salad
Milk

30

Taco Salad in a boat
Seasoned Rice
Corn
Diced Peaches
Milk

WEDNESDAY

3

Ch. & Pepperoni Pizza
Chopped Romaine Salad
Celery Sticks
Apple Sauce Cups
Jello Cup

10

Grilled Mozzarella Cheese
Sandwich
Marinara Dip
Green Beans
Diced Peaches
Garden Salad
Milk

17

Pancakes
Pork Sausage Links
Hash Brown Patties
Orange Quarters
Milk

24

L.A. Cinnamon Bread
Bananas
Hash Brown Pattie
Pork Sausage
Apple Juice Cup
Milk

31

Spooktacular Halloween Lunch
Grossome Grilled Cheese'
Bloody Tomato Soup
Creepy Corn
Jittery Juice Cup
Mysterious Milk
Graveyard Pudding

THURSDAY

4

Smoked Polish Sausage
Sauerkraut
Home Fries
Juice Cup
Carrots
PB Squares
Milk

11

Tator Tot Bar top with
Taco meat, cheese sauce,
sour cream, salsa etc...
Apple Sauce Cup
Chilled Juice Cup
Broccoli Florets
Milk

18

Hot Dog on a bun
French Fries
Corn
Diced Peaches
Milk

25

Pizza Bagels
Garden Green Salad
Corn
Diced Pears
Milk

FRIDAY

5

Baked Ziti
Antipasta Salad
Roasted Cauliflower
Diced Pears
Milk

12

Hot Roast Beef Sandwich
American Potato Salad
Corn
Fruited Jello Cup
Milk

19

Ch. & Pepperoni Pizza
Pasta Salad
Baby Carrots
Apple Sauce
Milk

26

Meatloaf
Mashed Potatoes
Stewed Tomatoes
Mixed Vegetables
NY Empire Apples
Milk

"B" Lunches

Week of October 1st
Grilled Cheese Sandwiches
Tomato Soup
Week of October 8th
Chicken Fajitas
Minestrone Soup
Week of October 15th
Philly Steak Sub
Chicken Noodle Soup
Week of October 22nd
Cheeseburger on a bun
HM Cream of Broccoli Soup
Week of Oct.er 29th
Turkey Hot Dog on a bun
HM Vegetable Soup

In addition to the menu items listed we also offer daily on the side, roasted chick peas, broccoli florets and WG Saltine crackers .

School News

Salute to our school breakfast through the whole month of October. Come and try our breakfast in school Monday – Friday from 7:00am – 7:40am Everyday we offer asst. cereal, asst. outmeal, bagels, poptarts and a daily special.
Monday – Pancakes
Tues & Thurs – Bacon/Egg/Ch Bagels
Wednesday – Waffles
Friday – French Toast
Full price is \$1.25 and if you qualify for free or reduced lunches you also qualify for breakfast. Look in your weekly email for a FREE coupon to try out our breakfast, you will also receive a swag bag of some neat stuff.

Remember keep your account paid up to date. Pre-pay and save money as well as headaches.

DID YOU KNOW...

October comes from the Latin word "octo" which means eight.