

Welcome to our Lunch Cafe at...

North Middlesex Ashby Elementary

October 2018

MEATLESS MONDAY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Mozzarella Sticks (V)</p> <p>Sweet Corn</p> <p>Chicken Nuggets</p> <p>Whole Wheat Dinner Roll</p> <p>Grilled Cheese Sandwich</p> <p>Fresh Baby Carrots</p> <p>Diced Pear Cup</p> <p>Strawberry Cup</p>	<p>2 Cheeseburger</p> <p>Baked Potato Wedges</p> <p>Cheese Pizza (V, P)</p> <p>Broccoli</p> <p>Grilled Cheese Sandwich</p> <p>Grape Tomatoes</p> <p>Sliced Peaches</p> <p>Fresh Empire Apple</p>	<p>3 Pasta & Meat Sauce (V, P)</p> <p>Green Peas</p> <p>Garlic Bread</p> <p>Chicken Nuggets</p> <p>With Whole Wheat Dinner Roll</p> <p>Grilled Cheese Sandwich</p> <p>Red Pepper Strips</p> <p>Applesauce</p> <p>Sliced Oranges</p>	<p>4 Whole Grain Waffles with Sausage</p> <p>Steamed Carrots</p> <p>Cheese Pizza (V, P)</p> <p>Grilled Cheese Sandwich</p> <p>Cucumber Coins</p> <p>Black Beans</p> <p>Apple Slices</p> <p>Fresh Banana</p> <p>BRUNCH FOR LUNCH TODAY!</p>	<p>5 Pepperoni Pizza (P)</p> <p>Cheese Pizza (V, P)</p> <p>Mixed Vegetables</p> <p>Garden Salad</p> <p>Chicken Nuggets</p> <p>With Whole Wheat Dinner Roll</p> <p>Grilled Cheese Sandwich</p> <p>Fresh Apple</p> <p>Mixed Fruit</p>
<p>8</p>  <p>COLUMBUS DAY</p>	<p>9 Crispy Popcorn Chicken</p> <p>Brown Rice</p> <p>Steamed Broccoli</p> <p>Cheese Pizza (V, P)</p> <p>Grilled Cheese Sandwich</p> <p>Green Peppers</p> <p>Celery</p> <p>Fresh Empire Apple</p> <p>Diced Pear Cup</p>	<p>10 Homemade Mac & Cheese (V, P)</p> <p>Green Beans</p> <p>Dinner Rolls</p> <p>Chicken Nuggets</p> <p>With Whole Wheat Dinner Roll</p> <p>Grilled Cheese Sandwich</p> <p>Grape Tomatoes</p> <p>Applesauce</p> <p>Sliced Peaches</p>	<p>11 Scrambled Eggs with Cheese</p> <p>Crispy Potato Puffs</p> <p>Toast</p> <p>Glazed Carrots</p> <p>Cheese Pizza (V, P)</p> <p>Grilled Cheese Sandwich</p> <p>Cucumber Coins</p> <p>Fresh Banana</p> <p>Apple 100% Juice</p> <p>BRUNCH FOR LUNCH TODAY!</p>	<p>12 Pepperoni Pizza (P)</p> <p>Cheese Pizza (V, P)</p> <p>Corn Cobettes</p> <p>Chicken Nuggets</p> <p>With Whole Wheat Dinner Roll</p> <p>Garden Salad</p> <p>Grilled Cheese Sandwich</p> <p>Mixed Fruit</p> <p>Fresh Orange</p>
<p>15 Cheese Quesadilla (V)</p> <p>Fiesta Corn</p> <p>Salsa</p> <p>Chicken Nuggets</p> <p>With Whole Wheat Dinner Roll</p> <p>Grilled Cheese Sandwich</p> <p>Fresh Baby Carrots</p> <p>Fresh Orange</p> <p>Apple Slices</p>	<p>16 Crispy Chicken Sandwich</p> <p>Oven Baked Fries</p> <p>Cheese Pizza (V, P)</p> <p>Grilled Cheese Sandwich</p> <p>Garden Salad</p> <p>Celery</p> <p>Cherry Tomatoes</p> <p>Fresh Empire Apple</p> <p>Diced Pear Cup</p>	<p>17 Cheese Ravioli with Tomato Sauce (V, P)</p> <p>Green Beans</p> <p>Chicken Nuggets</p> <p>With Whole Wheat Dinner Roll</p> <p>Grilled Cheese Sandwich</p> <p>Celery</p> <p>Sliced Peaches</p> <p>Cinnamon Applesauce</p>	<p>18</p> <p>Early Release Professional Development Day</p> <p>No Lunch Served</p>	<p>19 Pepperoni Pizza (P)</p> <p>Cheese Pizza (V, P)</p> <p>Corn Cobettes</p> <p>Chicken Nuggets</p> <p>With Whole Wheat Dinner Roll</p> <p>Grilled Cheese Sandwich</p> <p>Broccoli Florets</p> <p>Mixed Fruit</p> <p>Fresh Apple</p>
<p>22 Mozzarella Sticks (V)</p> <p>Tomato Sauce Dip (P)</p> <p>Sweet Corn</p> <p>Chicken Nuggets</p> <p>Grilled Cheese Sandwich</p> <p>Whole Wheat Dinner Roll</p> <p>Organic Applesauce (P)</p> <p>Bosc Pear</p> <p>Not-A-Nut Butter & Jelly Sandwich (V)</p>	<p>23 Beef Hot Dog on Bun</p> <p>Baked Beans</p> <p>Cheese Pizza (V, P)</p> <p>Grilled Cheese Sandwich</p> <p>Garden Salad</p> <p>Grape Tomatoes</p> <p>Fresh Empire Apple</p> <p>Diced Pear Cup</p>	<p>24 Whole Grain Fish Sticks</p> <p>Oven Baked Fries</p> <p>Classic Cole Slaw</p> <p>Chicken Nuggets</p> <p>With Whole Wheat Dinner Roll</p> <p>Grilled Cheese Sandwich</p> <p>Red Pepper Strips</p> <p>Applesauce</p> <p>Sliced Peaches</p>	<p>25 Whole Grain Pancakes with Sausage</p> <p>Glazed Carrots</p> <p>Cheese Pizza (V, P)</p> <p>Grilled Cheese Sandwich</p> <p>Cucumber Coins</p> <p>Kidney Beans</p> <p>Fresh Banana</p> <p>Blueberries</p> <p>BRUNCH FOR LUNCH TODAY!</p>	<p>26 Pepperoni Pizza (P)</p> <p>Cheese Pizza (V, P)</p> <p>Mixed Vegetables</p> <p>Chicken Nuggets</p> <p>With Whole Wheat Dinner Roll</p> <p>Grilled Cheese Sandwich</p> <p>Caesar Salad</p> <p>Mixed Fruit</p> <p>Pear and Pineapple Cup</p>
<p>29</p> <p>Meatless Monday</p> <p>Nachos Grande (P)</p> <p>Salsa</p> <p>Fiesta Corn</p> <p>Chicken Nuggets</p> <p>Whole Wheat Dinner Roll</p> <p>Grilled Cheese Sandwich</p> <p>Fresh Baby Carrots</p> <p>Diced Pear Cup</p> <p>Fresh Orange</p> <p>Not-A-Nut Butter & Jelly Sandwich (V)</p>	<p>30 Sloppy Joe on a Bun (P)</p> <p>Sweet Potato Fries</p> <p>Cheese Pizza (V, P)</p> <p>Grilled Cheese Sandwich</p> <p>Celery</p> <p>Grape Tomatoes</p> <p>Fresh Empire Apple</p> <p>Diced Pear Cup</p>	<p>31</p> <p>Happy Halloween</p> <p>Meatball Dunkers</p> <p>Green Beans</p> <p>Chicken Nuggets</p> <p>Whole Wheat Dinner Roll</p> <p>Grilled Cheese Sandwich</p> <p>Red Pepper Strips</p> <p>Applesauce</p> <p>Sliced Peaches</p> <p>Student Appreciation Day</p>	<p>HARVEST of the MONTH</p> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p>  <p>WHITSON'S School Nutrition</p>	



October is National Farm to School Month! Join us as we celebrate with food, nutrition education, school gardens and plates filled with healthy, natural ingredients!



Lunch Prices: Students \$3.00
Reduced: \$0.40 Adult: \$3.85
Visit: www.myschoolbucks.com
or send in a check made out to NMRSD School Lunch
Lunch Includes:
Skim or Fat Free Chocolate Milk, Seasonal Fresh or Cupped Fruit
Raw or Steamed Vegetable or Salad Cup
All Meals include a Protein & Grain
Assorted Condiments Available Daily

Available Selections Daily
- Healthy Choice Salad; a bed of mixed greens, grape tomatoes, sliced cucumber, shredded carrots and topped with shredded cheese, Served with 2 dinner rolls.
- Chicken Caesar Salad; fresh cut romaine lettuce topped with breaded chicken, Parmesan cheese and croutons.
- Sliced Turkey and Cheese or Ham and Cheese served on a whole wheat wrap.
- Chicken Caesar Wraps to Go
- Chicken Nuggets served w/1 dinner roll

(V) VEGETARIAN (P) MADE WITH NATURAL INGREDIENTS (P) PORK (V) MADE WITH ORGANIC INGREDIENTS

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.