

Nassau Elementary School October 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets & Garlic Bread OR Toasted Cheese Homemade Vegetable soup Fresh Seasonal Fruit	3 Oven Roasted Turkey w/rice OR Meatball Sub OR Pizza Square Green Peas Fresh Seasonal Fruit	4 Pasta w/meat sauce OR Mozzarella Sticks w/ Three Grain Pilaf Romaine Salad Fresh Seasonal Fruit	5 Pizzeria Slice OR Cheeseburger Homemade Split Pea Soup Fresh Seasonal Fruit	6 Breakfast Egg & Cheese Sandwich OR Mexican Taco's (3) Steamed carrots Fresh Seasonal Fruit
9 Columbus Day	10 Chicken Pattie on a bun OR Meatball Sub OR Pizza Square Kernel Corn Fresh Seasonal Fruit	11 Baked Macaroni & cheese OR Mozzarella Sticks w/garlic bread Escarole w/garlic and oil Fresh Seasonal Fruit	12 Cheeseburger OR Pizzeria Slice Homemade White Bean Soup Fresh Seasonal Fruit	13 Mexican Taco's (3) OR Breakfast Egg & Cheese Sandwich Homemade Pumpkin Soup Fresh Seasonal Fruit
16 Toasted Cheese OR Chicken Nuggets & Garlic Bread Homemade Vegetable soup Fresh Seasonal Fruit	17 Oven Roasted Turkey w/rice OR Meatball Sub OR Pizza Square Lima Bean Fresh Seasonal Fruit	18 Pasta w/meat sauce OR Mozzarella Sticks w/Barley Salad Steamed Fresh Broccoli Fresh Seasonal Fruit	19 Pizzeria Slice OR Cheeseburger Homemade Lentil Soup Fresh Seasonal Fruit	20 Breakfast Egg & Cheese Sandwich OR Mexican Taco's (3) Fresh Butternut Squash Fresh Seasonal Fruit
2 Chicken Nuggets & Garlic Bread OR Toasted Cheese Homemade Vegetable soup Fresh Seasonal Fruit	24 Chicken Pattie on a bun OR Meatball Sub OR Pizza Square Green Peas Fresh Seasonal Fruit	25 Baked Macaroni & cheese OR Mozzarella Sticks w/ Rice Pilaf Spicy Collard Greens Fresh Seasonal Fruit	26 Cheeseburger OR Pizzeria Slice Homemade Cream of Garbanzo Bean Soup Fresh Seasonal Fruit	27 Mexican Taco's (3) OR Breakfast Egg & Cheese Sandwich Fresh Tomato & Basil Salad Fresh Seasonal Fruit
30 Toasted Cheese OR Chicken Nuggets & Garlic Bread Homemade Vegetable soup Fresh Seasonal Fruit	31 Oven Roasted Turkey w/rice OR Meatball Sub OR Pizza Square Water Chestnuts Fresh Seasonal Fruit	Served Daily - PB & Jelly Deli Turkey Sandwich Ham & Cheese Sandwich Tuna Salad Sandwich Homemade Hummus Spread w/toasted everything bagel Garden Salad w/chicken or cheese	5 Vegetable Groups Offered Weekly • Dark Green • Red/Orange • Legumes (dried beans & peas) • Starchy • Other as defined in guidelines	This institution is an equal opportunity provider <i>Menu is subject to change due to product availability or unforeseen circumstances</i>