

Fort Edward School District

October 2018

8

Columbus Day
No school

9

Pulled Pork
on a Whole Wheat Bun
Seasoned Green Beans
Diced Pears

10

French Toast Sticks
Sausage
Hash Browns
Carrots
Fresh Strawberries

11

Fiesta Nachos
Tortilla Chips
Seasoned Ground Beef
Tomato Salsa
Kicking Pinto Beans
Mixed Fruit Cup

12

Pizza
Seasoned Broccoli
Celery Sticks
w/Ranch Dip
Diced Peaches

15

Hot Dog
on a Whole Grain Bun
Tater Tots
Watermelon

16

Spicy Chicken Patty
on a Bun
Oven Baked Fries
Red Pepper Strips
Diced Peaches

17

Macaroni & Cheese
Dinner Roll
Green Beans
Cherry Tomatoes
Applesauce

18

Fiesta Nachos
Tortilla Chips
Seasoned Ground Beef
Tomato Salsa
Black Beans
Mixed Fruit Cup

19

Supt. Confrence Day
No school

22

Sloppy Joe on a
Whole Grain Bun
Celery Sticks
Golden Corn
Mixed Fruit

23

Cheeseburger on a
Whole Grain Roll
Sweet Potato Tater Tots
Applesauce

24

Cheesy Baked Pasta
Fresh Baked
Breadstick
Cucumber Slices
Cantaloupe Chunks

25

Fiesta Nachos
Tortilla Chips
Seasoned Ground Beef
Tomato Salsa
Kicking Pinto Beans
Diced Pears

26

Pizza
Fresh Broccoli Florets
Red Pepper Strips
w/Ranch Dip
Diced Peaches

29

Macaroni & Cheese
Dinner Roll
Seasoned Zucchini
Mixed Fruit

30

Tomato Soup
Grilled Cheese
Oven Baked Fries
Grapes

31

Spaghetti
w/Meat Sauce
Dinner Roll
Seasoned Broccoli
Diced Pears

1

Fiesta Nachos
Tortilla Chips
Seasoned Ground Beef
Tomato Salsa
Vegetarian Beans
Apple Sauce

2

Pizza
Carrot Sticks
Cherry Tomatoes
w/Ranch Dip
Fresh Pears

5

Soft Beef Tacos
Mexican Rice
Green Beans
Diced Peaches

6

Hamburger on a
Whole Grain Roll
Oven Baked Fries
Cucumber Slices
Fresh Pineapple

7

Cheese Fry Chicken Sub
Carrot Sticks
Mixed Fruit

8

Fiesta Nachos
Tortilla Chips
Seasoned Ground Beef
Tomato Salsa
Black Beans
Applesauce

9

Pizza
Broccoli Florets
Cauliflower Florets
w/Ranch Dip
Diced Pears

FOOD ALLERGIES? Please speak to your server, chef, or manager.

All Meals Include: Entrée, Vegetable, and/or Side Salad, Fruit or 100% Juice, and Choice of Milk 1% White, Fat Free Chocolate, Skim (all antibiotic & hormone free)

Green Leaf or Romaine Side Salad and Fresh Fruit Available Daily

Served Daily:

Pre-Made Sandwiches: Oven Roasted Turkey, Egg Salad, Tuna Salad and PB & J served on Whole Grain Bread or Wrap.

Pre-made Salad/Platters: Chef, Turkey, Egg...Served with a Whole Grain Roll.

Yogurt Parfaits available daily.