

EZRA BAKER ELEMENTARY SCHOOL OCTOBER MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 2 WG CHICKEN NUGGETS OR TOASTED CHEESE SANDWICH ON WW BREAD MASHED POTATOES STEAMED CORN TOSSED SALAD FRESH FRUIT | 3 TACO TRIANGLES OR CHICKEN PATTY ON A WW ROLL RICE BROCCOLI TOSSED SALAD | 4 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR STUFFED SHELLS CAESAR SALAD WW ROLL FRESH FRUIT | 5 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT | 6 NO SCHOOL TEACHERS PROFESSIONAL DAY |
| 9 NO SCHOOL COLUMBUS DAY | 10 TACO TRIANGLES OR CHICKEN PATTY ON A WW ROLL RICE BROCCOLI TOSSED SALAD | 11 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR MEATBALLS CAESAR SALAD WW ROLL FRESH FRUIT | 12 HOT DOG OR HAMBURGERS ON WW ROLL TATER TOTS CARROTS FRESH FRUIT | 13 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD PEARS & APPLE CINNAMON BREAD |
| 16 WG CHICKEN NUGGETS OR TOASTED CHEESE SANDWICH ON WW BREAD MASHED POTATOES STEAMED CORN TOSSED SALAD FRESH FRUIT | 17 FRIED CHICKEN OR CHICKEN PATTY ON A WW ROLL SMILE FRIES WW ROLL BROCCOLI TOSSED SALAD | 18 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR CHEESE LASAGNA W/ TOMATO SAUCE CAESAR SALAD WW ROLL PEAR, YOGURT & GRANOLA PARFAITS | 19 HOT DOG ON A WW ROLL OR HAMBURGERS OVEN FRIES CARROTS WW ROLLS TOSSED SALAD FRESH FRUIT | 20 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT |
| 23 WG CHICKEN NUGGETS OR TOASTED CHEESE SANDWICH TOMATO SOUP MASHED POTATOES STEAMED CORN TOSSED SALAD FRESH FRUIT | 24 PIZZA QUESADILLA OR CHICKEN PATTY ON A WW ROLL RICE GREEN BEANS FRESH FRUIT ROASTED PEARS & PARSNIPS | 25 HALF DAY NO LUNCH SERVED | 26 HALF DAY NO LUNCH SERVED | 27 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT |
| 30 WG CHICKEN NUGGETS OR TOASTED CHEESE SANDWICH TOMATO SOUP MASHED POTATOES STEAMED CORN TOSSED SALAD FRESH FRUIT | 31 TACO TRIANGLES OR CHICKEN PATTY ON A WW ROLL RICE, BROCCOLI TOSSED SALAD CINNAMON PEARS & GRANOLA | | | HARVEST OF THE MONTH PEARS |

AVAILABLE DAILY

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| ASSORTED SANDWICHES TURKEY & CHEESE HAM & CHEESE SUNBUTTER & JELLY SUNBUTTER & FLUFF | SALAD BAR FULLY STOCKED WITH A VARIETY OF FRESH VEGETABLES, FRUITS AND PROTEINS Full Price \$3.00 Reduced \$.40 Free for Qualified Students | LOW FAT YORURT, FRUIT AND GRANOLA PARFAITS FRUIT SMOOTHIES ALL LUNCHES SERVED WITH 8oz 1% OR SKIM MILKS |
| KETCHUP, SALSA, FAT FREE SALAD DRESSINGS | FRESH FRUIT OFFERED WITH ALL MEALS DAILY | 8oz WATER BOTTLES SOLD FOR \$.50 EACH |

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| FULL PRICED LUNCH \$3.00 UNIVERSAL FREE BREAKFAST | REDUCED PRICED LUNCH \$.40 FREE BREAKFAST FOR ALL STUDENTS |
| BREAKFAST SERVED EVERY MORNING | |

