


EZRA H. BAKER ELEMENTARY SCHOOL OCTOBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WG CHICKEN NUGGETS OR BACON EGG & CHEESE CROISSANT MASHED POTATOES STEAMED CORN FRESH FRUIT	2 PIZZA QUESSADILLA OR HOT DOGS OVEN FRIES STEAMED BROCCOLI FRESH FRUIT	3 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR W/ MEATBALLS CAESAR SALAD WW ROLL FRESH FRUIT	4 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT	5 NO SCHOOL ALL CAPE PROFESSIONAL DAY
8 NO SCHOOL COLUMBUS DAY	9 TACO TRIANGLES OR CHICKEN TENDERS MASHED POTATOES CORN TOSSED SALAD FRESH FRUIT	10 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR MAC & CHEESE CAESAR SALAD WW ROLL FRESH FRUIT	11 HOT DOGS OR CHEESEBURGERS SMILE FRIES CARROTS TOSSED SALAD FRESH FRUIT	12 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT PEAR, CINNOMON AND APPLE BREAD
15 WG CHICKEN NUGGETS OR MOZZARELLA STICKS MASHED POTATOES STEAMED CORN FRESH FRUIT	16 GROUND BEEF TACOS OR CHICKEN PATTY SPANISH RICE BROCCOLI TOSSED SALAD FRESH FRUIT	17 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR STUFFED SHELLS CAESAR SALAD WW ROLL FRESH FRUIT PEAR & YOGURT PARFAITS	18 FRIED CHICKEN OR BBQ RIB SANDWICH OVEN FRIES CARROTS TOSSED SALAD FRESH FRUIT CORN BREAD	19 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT CHCOLATE PUDDING W/ WHIPPED CREAM
22 WG CHICKEN NUGGETS OR TOASTED CHEESE SANDWICH CHICKEN NOODLE SOUP MASHED POTATOES STEAMED CORN FRESH FRUIT	23 HALF DAY NO LUNCH SERVED	24 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR LASAGNA CAESAR SALAD WW ROLL FRESH FRUIT	25 HALF DAY NO LUNCH SERVED	26 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT FROZEN TREAT
29 WG CHICKEN TENDERS OR BACON EGG & CHEESE CROSSIANT SMILE FRIES STEAMED CORN FRESH FRUIT	30 FRANKENSTEIN FINGERS (CHICKEN) OR TACOS SPANISH RICE BROCCOLI CINNOMON PEARS & GRANOLA	31 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR MEATBALLS CAESAR SALAD WW ROLL FRESH FRUIT HALLOWEEN TREAT		HARVEST OF THE MONTH PEARS

AVAILABLE DAILY

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

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

