


Menu Subject to change due to product availability

# CHMS/NEMS Lunch Menu - October 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1 WG Pepperoni Bosco Sticks w/ Sauce Or Crispy Chicken Patty on a WW Bun, Oven Fries, Lettuce & Tomato (Veggies, Fruit & Milk)	2 LF Macaroni & Cheese, Dinner Roll Or Stuffed Crust Cheese Pizza, Garden Salad (Veggies, Fruit & Milk)	3 Hamburger/ Cheeseburger on a WW Bun Or Cheese Quesadilla w/ Salsa, Oven Fries (Veggies, Fruit & Milk)	4 WG Wild Mike's Pizza Bites w/Sauce Or Teriyaki Chicken Dippers, Brown Rice, WW Dinner Roll, Garden Salad (Veggies, Fruit & Milk)	<b>Daily Pre-made GRINDERS Turkey-Ham- Salami-Tuna- Buffalo Chicken</b>
<b>Prepay on line:</b> <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a> Or checks payable to Bristol School food service <b>For extras like Juice and water</b>	7 WG Chicken Tenders w/ Mashed Potatoes, WW Dinner Roll Or WG Cheese Calzone, Garden Salad (Veggies, Fruit & Milk)	8 WG Cheese Bosco Sticks w/ Sauce, Garden Salad Or Spicy Chicken Patty on a WW Bun w/ Lettuce & Tomato, Oven Fries (Veggies, Fruit & Milk)	9 Lasagna Roll-up, WW Garlic Bread Or WG Cheese Pizza, Garden Salad (Veggies, Fruit & Milk)	10 All Beef Hot Dog on a WW Bun, Vegetarian Beans Or Taco Triangles w/ Salsa, Oven Fries (Veggies, Fruit & Milk)	11 LF mozzarella Sticks w/ Sauce, Brown Rice Or French Toast Sticks, Hash Brown, Chicken Sausage Links (Veggies, Fruit & Milk)	<b>Daily SALADS YOGURT BOATS</b>
	14 <b>No School Columbus Day</b>	15 WG Chicken Nuggets, Mashed Potatoes, WW Dinner Roll Or RibBQ Sandwich, Garden Salad (Veggies, Fruit & Milk)	16 Pasta w/ Meatballs, WW garlic Bread Or WG Cheese Pizza, Garden salad (Veggies, Fruit & Milk)	17 Hamburger/ Cheeseburger on a WW Bun Or Chicken & Cheese Quesadilla w/ Salsa, Oven Fries (Veggies, Fruit & Milk)	18 WG Stuffed Crust Cheese Pizza, Garden Salad Or Mini Pancakes, Hash Brown, Chicken Sausage Links	<b>WG=Whole Grain WW=Whole Wheat</b>
<b>FRUITS &amp; VEGETABLES:</b> An assortment of fresh & canned fruits, hot/cold vegetables are offered daily.	21 WG Chicken Tenders, Mashed Potatoes, WW Dinner Roll Or Ham & Cheese Melt on a Croissant, Garden Salad (Veggies, Fruit & Milk)	22 WG Wild Mike's Pizza Bites w/ Sauce, Garden Salad Or Spicy Chicken Sandwich on a WW Bun, Oven Fries (Veggies, Fruit & Milk)	23 Chicken Taco Boat w/ Lettuce, Tomato & Cheese Or WG Cheese Pizza, Garden Salad (Veggies, Fruit & Milk)	24 Taco Triangles w/ Salsa Or Meatball Grinder w/ Mozzarella Cheese, Oven Fries (Veggies, Fruit & Milk)	25 LF Mozzarella Sticks w/ Sauce, Brown Rice Or French Toast Sticks, Hash Brown, Chicken Sausage Links (Veggies, Fruit & Milk)	<b>BRISTOL PUBLIC SCHOOLS ARE AN EQUAL OPPORTUNITY EMPLOYER</b>
<b>Milk Varieties:</b> Healthy Moo: Nonfat Chocolate/Strawberry 1% White Nonfat Skim/Lactaid	28 WG Chicken Nuggets, Mashed Potatoes, WW Dinner Roll Or Grilled Cheese Sandwich, Tomato Soup (Veggies, Fruit & Milk)	29 WG Pepperoni Bosco Sticks w/ Sauce Or Chicken Patty on a WW Bun, Lettuce & Tomato, Oven Fries (Veggies, Fruit & Milk)	30 LF Macaroni & Cheese, WW Dinner Roll Or WG Stuffed Crust Cheese Pizza, Garden Salad (Veggies, Fruit & Milk)	31 Nachos w/ Chili & Cheese Sauce Or Jamaican Beef Patty w/ Salsa, Brown Rice, Garden Salad (Veggies, Fruit & Milk)		<b>Our Mission is to provide students with healthy, nutritious &amp; appealing food in a timely manner &amp; in a pleasant environment everyday</b>

