

~OCTOBER 2017~

EAST HILL ELEM & MIDDLE SCHOOL: GRADE PK-8: LUNCH
 ALL STUDENTS EAT BREAKFAST AND LUNCH FOR FREE!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Office of Child Nutrition: 673-6346

MENU SUBJECT TO CHANGE WITHOUT NOTICE

2 DIPPING DAY		3	4	5 PICNIC THURSDAY	6
Chicken Nuggets w/sauce	Tuna or Egg Salad Bun	Turkey Club	Hot Dog w/Bun	SCHOOL CLOSED	
Mozzarella Sticks w/marinara	or PB&J	Soft Baked Pretzel	Pasta Salad	Superintendent's	
Carrot Sticks(RO) w/ranch	Baked Potato Chips	Corn (S)	Baked Beans (BL)	Conference Day	
Fresh Grapes	Celery Sticks(O) w/ranch	Fresh Fruit	Watermelon		
	Peaches				

9	10	11 SOUP & SANDWICH	12	13
COLUMBUS DAY	Personal Pan Pizza	Assorted Sandwiches	Chicken Patty w/bun	Spaghetti w/meatballs
School Closed	Rice Pilaf	Multi Grain Sun Chips	Baked French Fries (S)	Cheesy Bread
	Green Beans (O)	Tomato Soup (RO)	Veggie Beans (BL)	Tossed Salad (DG)
	Pears	Fresh Fruit	Applesauce	Tropical Fruit Mix

16 BREAKFAST-4-LUNCH	17 NEW!	18 SOUP & SANDWICH	19	20
French Toast Sticks	Italian Stomboli	Fresh Deli Subs	Bacon Cheeseburger	Baked Rotini w/cheese
Sausage Patty	Cheese Stick	Chicken Noodle Soup	Cheese Crackers	Honey Wheat Biscuit
Egg Patty	Italian Mixed Veggies(O)	Carrot Sticks w/dip(RO)	Baked Beans (BL)	Tossed Salad (DG)
Tater Tots (S)	Sliced Strawberries	Fresh Fruit	Fruit Cocktail	Apple Crisp w/topping
Applesauce	Pudding w/topping			

23	24 TACO TUESDAY	25 NEW!	26 NEW!	27
Chicken Nuggets	Taco Salad	Hot Italian Cheese or	Stuffed Cheesburger Melt	Cheese or Pepperoni
Dinner Roll	Mexican Fiesta Rice	Pepperoni Croissant	Tater Tots (S)	Pizza
Cooked Carrots (RO)	Vegetarian Beans (BL)	Mini Pretzels	Corn (S)	Parmesan Pasta
Peaches	Pears	Carrot Sticks w/dip (RO)	Tropical Fruit Mix	Steamed Broccoli (DG)
		Fresh Fruit		Sliced Strawberries

30 ASIAN DAY	31 HAPPY HALLOWEEN	NOV 1 NEW!	NOV 2	NOV 3
Cherry Blossom or	Beanie Weenie Screamies	Turkey, Ham & Cheese	Cheeseburger Deluxe	Chicken Parmesan
Tangerine Chicken	Multi Grain SunChips	Stromboli	Garlic Potatoes (S)	Cheesy Bread
Fried Rice	Fruit Cocktail	Baked Potato Chips	Green Peas (S)	Tossed Salad (DG)
Oriental Blend Veggies (O)	Spooky Halloween Cake	Baby Carrots(RO) w/dip	Pears	Applesauce
Mandarin Oranges		Peaches		

- ✓ Low Fat and Fat Free Milk Served Daily. Alternate lunch may include: PBJ or Yogurt/Bread
- ✓ Vegetable Subgroups: RO(red orange) DG(dark green) S(starchy) BL(bean/legume) O(other)
- ✓ This institution and the USDA are equal opportunity providers.