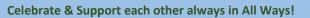


Food Services Director: Patrick Legare

781-545-8750ext. 1114 <u>plegare@scit.org</u>

Elementary Schools - Scituate Public Schools

October





*Additional meals will be at retail costs.

\$2 Breakfast / \$3 Lunch

Good Nutrit	ion is our Mission!				Good Nutrition is our Mission!
	Monday	Tuesday	Wednesday	Thursday	Friday
We will continue to provide all Scituate students with ONE free meal at lunch. To purchase second meals and a la carte items, students must have money in hand, or on their POS accounts, in order to do so. There will be absolutely NO CHARGING ON ACCOUNT.					
		NO CHARG	IING ON ACCOUNT.		
	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Hot Choice	Chicken Bacon Ranch Sandwich	Grilled Cheese with	,,,	ichos , Beef, shredded lettuce, tomato, chee	Pizza Day
	Chips & Vegetables	with Tomato Soup & Goldfish	with Peas & a Dinner Roll	Three bean salad	with Vegetable & Fruit Choices
Power Pack	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar
	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit
Cold Choice	Italian Sub	Italian Sub	Italian Sub	Italian Sub	Italian Sub
	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Hot Choice		Chicken Tenders	Chicken, Broccoli Alfredo	Sloppy Joes on a bulkie	Pizza Day
		Fries and all the Sauces	with Broccoli & a Dinner Roll	With Chips and Carrots	with Vegetable & Fruit Choices
Power Pack	Indiginous peoples Day	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar
		Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit
Cold Choice		Chef's Choice Sandwich	Chef's Choice Sandwich	Chef's Choice Sandwich	Chef's Choice Sandwich
	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Hot Choice	Chicken Patty Sandwich	Hot Dogs with Beans,	Pasta with Meatballs	Chicken Mashed Potato bowl	Pizza Day
	Chips & Vegetables	Fries	with Broccoli & a Dinner Roll	with Corn, Cheese gravy and a dinner roll	with Vegetable & Fruit Choices
Power Pack	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar
	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit
Cold Choice	Chicken salad Bulkie	Chicken salad Bulkie	Chicken salad Bulkie	Chicken salad Bulkie	Chicken salad Bulkie
	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Hot Choice	Chicken Tenders with Sweet Potato	Cheeseburger	Meat or cheese lasagna	Fried chicken	Pizza Day
	Fries and all the Sauces	Fries & coleslaw	and a Dinner Roll	Rice pilaf, and peas	with Vegetable & Fruit Choices
Power Pack	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar
	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit
Cold Choice	Turkey & Cheese Bulkie	Turkey & Cheese Bulkie	Turkey & Cheese Bulkie	Turkey & Cheese Bulkie	Turkey & Cheese Bulkie
	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
	Chicken Patty Sandwich	BBQ pulled Pork sandwich	Baked penne with sausage with Peas & a Dinner Roll	Chicken burrito bowl with rice Three bean salad	Pizza Day
	Chips & Vegetables	with Tomato cucumber salad			with Vegetable & Fruit Choices
	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar
	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit	Uncrustable, veg crunchers, Fruit
	Caesar wrap	Caesar wrap	Caesar wrap	Caesar wrap	Caesar wrap
USDA Waiver	***The USDA and MA State Government extended various waivers that allow schools to serve free meals to ALL students, through 6/30/23. We are thrilled with this news as it means that we will be able to provide all Scituate students with the option of nutritious food for free that will support them, both in school and at home.***				
ALLERGIES	***Students with Allergies*** - All students eating lunch in school will be asked if they have any allergies before choosing a meal. Students/families with allergies must be responsible for monitoring meal consumption in order to maintain safety.				
Questions, Comments or Concerns? *A full student lunch includes an entrée supplying protein and grain, assorted fruits,					*All students receive 1 free meal at no charge

assorted vegetables, and a milk. Milk choices include 1%, and chocolate.

This is an equal opportunity provider. Menu is Subject to Change.