



## Elementary Schools - Scituate Public Schools

**October**

**Celebrate & Support each other always in All Ways!**



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>***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.***</b>					
	<b>2-Oct</b>	<b>3-Oct</b>	<b>4-Oct</b>	<b>5-Oct</b>	<b>6-Oct</b>
<b>Hot Choice</b>	Chicken Bacon Ranch Sandwich Chips & Vegetables	Grilled Cheese with with Tomato Soup & Goldfish	Baked Homemade Mac n Cheese with goldfish toppings with Peas & a Dinner Roll	Chips, Beef, shredded lettuce, tomato, cheese Three bean salad	<b>Pizza Day</b> with Vegetable & Fruit Choices
<b>Power Pack</b>	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
<b>Cold Choice</b>	Italian Sub	Italian Sub	Italian Sub	Italian Sub	Italian Sub
	<b>9-Oct</b>	<b>10-Oct</b>	<b>11-Oct</b>	<b>12-Oct</b>	<b>13-Oct</b>
<b>Hot Choice</b>		Chicken Tenders Fries and all the Sauces	Chicken, Broccoli Alfredo with Broccoli & a Dinner Roll	<b>Sloppy Joes on a bulkie</b> With Chips and Carrots	<b>Pizza Day</b> with Vegetable & Fruit Choices
<b>Power Pack</b>	Indigenous 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
<b>Cold Choice</b>		Chef's Choice Sandwich	Chef's Choice Sandwich	Chef's Choice Sandwich	Chef's Choice Sandwich
	<b>16-Oct</b>	<b>17-Oct</b>	<b>18-Oct</b>	<b>19-Oct</b>	<b>20-Oct</b>
<b>Hot Choice</b>	Chicken Patty Sandwich Chips & Vegetables	Hot Dogs with Beans, Fries	Pasta with Meatballs with Broccoli & a Dinner Roll	Chicken Mashed Potato bowl with Corn, Cheese gravy and a dinner roll	<b>Pizza Day</b> with Vegetable & Fruit Choices
<b>Power Pack</b>	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
<b>Cold Choice</b>	Chicken salad Bulkie	Chicken salad Bulkie	Chicken salad Bulkie	Chicken salad Bulkie	Chicken salad Bulkie
	<b>23-Oct</b>	<b>24-Oct</b>	<b>25-Oct</b>	<b>26-Oct</b>	<b>27-Oct</b>
<b>Hot Choice</b>	Chicken Tenders with Sweet Potato Fries and all the Sauces	Cheeseburger Fries & coleslaw	Meat or cheese lasagna and a Dinner Roll	Fried chicken Rice pilaf, and peas	<b>Pizza Day</b> with Vegetable & Fruit Choices
<b>Power Pack</b>	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
<b>Cold Choice</b>	Turkey & Cheese Bulkie	Turkey & Cheese Bulkie	Turkey & Cheese Bulkie	Turkey & Cheese Bulkie	Turkey & Cheese Bulkie
	<b>30-Oct</b>	<b>31-Oct</b>	<b>1-Nov</b>	<b>2-Nov</b>	<b>3-Nov</b>
	Chicken Patty Sandwich Chips & Vegetables	BBQ pulled Pork sandwich with Tomato cucumber salad	Baked penne with sausage with Peas & a Dinner Roll	Chicken burrito bowl with rice Three bean salad	<b>Pizza Day</b> 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
<b>USDA Waiver</b>	<b>***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.***</b>				
<b>ALLERGIES</b>	<b>***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.</b>				
<b>Questions, Comments or Concerns?</b>			*A full student lunch includes an entrée supplying protein and grain, assorted fruits, assorted vegetables, and a milk. Milk choices include 1%, and chocolate. This is an equal opportunity provider. Menu is Subject to Change.		*All students receive 1 free meal at no charge *Additional meals will be at retail costs. \$2 Breakfast / \$3 Lunch
Food Services Director: Patrick Legare 781-545-8750ext. 1114. <a href="mailto:plegare@scit.org">plegare@scit.org</a>					