





Student Lunch \$2.75 Reduced Lunch \$0.40 Milk purchased separately \$0.60

## Bresnahan Elementary Lunch Menu October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
"Tree Fruits" - Tree fruit is any fruit that grows on a tree. Two				
Food Focus common groups are pome (apples & pears) and stone fruits				
of the lik	ke peaches.			
month:	•			
*Available as a gluten free lunch upon request. Gluten Free Garden Salad, Turkey Sandwich, Sunbutter & Jelly Sandwich available daily				
Week 2 1	2	3	4	5
1) WG French Toast Sticks w/pancake syrup	WG Chicken Nuggets     Sweet Mustard Dressing	1) Meatballs in Zesty Marinara Sauce	1) Turkey Nachos	Early Release
Turkey Sausage Patty Hash Brown Patty	Mashed Potatoes	Spaghetti Roasted Green Beans	Mexicali Corn	
Cinammon Applesauce	Seasoned Peas	Parmesan Cheese Whole Grain Breadstick	Salsa	
Week 2 Alternatives: 2) Hot Option - Chicken & Cheese Quesadilla 3) Muffin Fun Lunch - Blueberry Muffin, Goldfish Crackers, Cheese & Strawberry Yogurt				
Week 3 8	9	10	11	12
Columbus Day	1) Toasty Cheese Sandwich	1) Soft Beef Whole Grain Tacos	1) Shepherd's Pie	1) Cheese or Pepperoni Pizza
	Tomato Soup	Lettuce, Tomato and Cheddar Mexicali Corn	Orange Glazed Carrots	Savory Green Beans
	Roasted Carrot Fries	Salsa	WG Dinner Roll	*G.F. Pizza
Week 3 Alternatives: 2) Hot Option - Crispy Chicken Patty Sandwich 3) Bagel Fun Lunch - Bagel, Sunbutter & Yogurt				
Week 4 15	16	17	18	19
WG French Toast Sticks     w/pancake syrup	1) Macaroni & Cheese	Roasted Turkey with Gravy     Mashed Potatoes	1) *Classic American Cheeseburger	Cheese Stuffed Breadsticks     with Marinara Sauce
Turkey Sausage Patty Hash Brown Patty	Seasoned Broccoli Florets Herb Breadstick	Seasoned Peas	Cinnamon Glazed Carrots	Savory Green Beans
Chilled Applesauce	Apple Crisp	WG Dinner Roll	Baked Crinkle Fries	*G.F. Pizza
Week 4 Alternatives: 2) Hot Option - Turkey Hot Dog 3) Nacho Fun Lunch - Tortilla Chips, Mild Salsa, Shredded Cheddar				
Week 1 22	23	24	25	26
1) Pancakes w/ Syrup Turkey Sausage Link	1) Italian Turkey Meatball Sub	1) Chicken Parmesan	1) Dutch Chicken Pot Pie Mashed Potatoes	1) Cheese or Pepperoni Pizza
Scrambled Eggs	Tater Tots	Spaghetti	Orange Glazed Carrots	Seasoned Broccoli Florets
Cinnamon Applesauce	Seasoned Broccoli Florets	Seasoned Mixed Vegetables	WG Dinner Roll	*G.F. Pizza
Week 1 Alternatives: 2) Hot Option - *Classic American Cheeseburger 3) Cereal Fun Lunch - Whole Grain Cheerios, Goldfish Crackers, Yogurt, String Cheese				
Week 2 29 1) WG French Toast Sticks w/pancake svrup	30 1) WG Chicken Nuggets Sweet Mustard Dressina	1) Meatballs in Zesty Marinara Sauce	1) Turkey Nachos	1) Cheese Stuffed Breadsticks with Marinara Sauce
Turkey Sausage Patty Hash Brown Patty	Mashed Potatoes	Spaghetti Roasted Green Beans Parmesan Cheese	Mexicali Corn	Seasoned Mixed Vegetables
Cinammon Applesauce	Seasoned Peas	Whole Grain Breadstick	Salsa	*G.F. Pizza
Week 2 Alternatives: 2) Hot Option - Chicken & Cheese Quesadilla 3) Muffin Fun Lunch - Blueberry Muffin, Goldfish Crackers, Cheese & Strawberry Yogurt				
Choose With Any Meal!				
Choose with any Meal:	Choose with any Meal: Citrus Kidney & Garbanzo Bean	Choose with any Meal:	Choose with any Meal:	Choose with any Meal:
Broccoli Ranch Salad w/ Carrots	Salad	Black Bean Salad	Lettuce & Tomato Side Salad	Mixed Greens Salad
Sliced Cucumbers Assorted Fresh & Chilled Fruit	Fresh Celery Sticks Assorted Fresh & Chilled Fruit	Fresh Carrots Assorted Fresh & Chilled Fruit	Sliced Cucumbers Assorted Fresh & Chilled Fruit	Sliced Cucumbers Assorted Fresh & Chilled Fruit
	4) Strawberry Parfait	e <mark>ekly Alternate Meals for the Month</mark> I		
	with Homemade Granola		4) Crispy Chicken Salad with Cheese	
	WG Dinner Roll		WG Dinner Roll	

Elementary: A full student includes a choice of entrée supply protein &grain, (2) vegetable side dishes (1) fruit and a choice of milk

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Questions: 978-465-4460