

Menu items may be subject to change due to unforeseen circumstances. Parent/Guardian will be notified.



East Elementary School October 2021

Hot Lunches (see menu below) \$3.50
Lunches include main entrée, fruit, vegetables and choice of beverage 2% milk, chocolate milk, orange juice or small water

Cold Lunch Options \$3.50 Includes fruit, vegetables and beverage

- Boar's Head Deli Meat & Cheese Sandwich Lunch
- Sunbutter & Jelly Sandwich Lunch
- Bagel Lunch (Small bagel, yogurt, cheese stick)

Parents of students with Allergies: Please contact Michelle Santelli
michelle.santelli@ncps-k12.org

Monday	Tuesday	Wednesday	Thursday	Friday
27 Crispy Chicken Tenders- Seasoned Broccoli Assorted Dipping Sauce: Ketchup, Sweet & Sour, BBQ Honey Mustard Fruit, Vegetables, Beverage	28 Tacos- Seasoned Beef Shredded Cheddar Cheese Seasoned Corn Lettuce, Tomato, Salsa Whole Grain Taco Boat Fruit, Vegetables, Beverage	29 Cheese Pizza- Non GMO - Tomato Sauce Mozzarella Cheese Crispy Pizza Crust Fruit, Vegetables, Beverage	30 Hamburger- Beef or Cheese Burger Whole-Grain Bun Classic Fries Fruit, Vegetables, Beverage	1 Pasta- Plain Pasta Non-GMO Marinara Sauce Meatballs Seasoned Broccoli Whole-Grain Dinner Roll Fruit, Vegetables, Beverage
4 Crispy Chicken Tenders- Seasoned Corn Assorted Dipping Sauce: Ketchup, Sweet & Sour, BBQ Honey Mustard Fruit, Vegetables, Beverage	5 Hamburger- Beef or Cheese Burger Whole-Grain Bun Classic Fries Fruit, Vegetables, Beverage	6 Cheese Pizza- Non GMO - Tomato Sauce Mozzarella Cheese Crispy Pizza Crust Fruit, Vegetables, Beverage	7 Grilled Cheese Sandwich- Cheese or with Ham Whole Grain Bread Oven Baked Potato Puffs Seasoned Green Beans Fruit, Vegetables, Beverage	8 Pasta- Plain Pasta Non-GMO Marinara Sauce Breaded Chicken Seasoned Broccoli Whole-Grain Dinner Roll Fruit, Vegetables, Beverage
11 Crispy Chicken Tenders- Seasoned Green Beans Assorted Dipping Sauce: Ketchup, Sweet & Sour, BBQ Honey Mustard Fruit, Vegetables, Beverage	12 Tacos- Seasoned Beef Shredded Cheddar Cheese Seasoned Corn Lettuce, Tomato, Salsa Whole Grain Taco Boat Fruit, Vegetables, Beverage	13 Cheese Pizza- Non GMO - Tomato Sauce Mozzarella Cheese Crispy Pizza Crust Fruit, Vegetables, Beverage	14 Meatball Grinder- Beef Meatballs Mozzarella Cheese Non GMO – Tomato Sauce Toasted Club Roll Peas & Carrots Fruit, Vegetables, Beverage	15 Pasta- Plain Pasta Non-GMO Marinara Sauce Bolognese Seasoned Broccoli Whole-Grain Dinner Roll Fruit, Vegetables, Beverage
18 Crispy Chicken Tenders- Seasoned Corn Assorted Dipping Sauce: Ketchup, Sweet & Sour, BBQ Honey Mustard Fruit, Vegetables, Beverage	19 Quesadillas- Chicken & Cheese or Black Bean Shredded Cheddar Cheese Salsa Whole Wheat Tortilla Wrap	20 Cheese Pizza- Non GMO - Tomato Sauce Mozzarella Cheese Crispy Pizza Crust Fruit, Vegetables, Beverage	21 Grilled Cheese Sandwich- Cheese or with Ham Whole Grain Bread Oven Baked Potato Puffs Seasoned Carrots Fruit, Vegetables, Beverage	22 Pasta- Plain Pasta Non-GMO Marinara Sauce Grilled Chicken Seasoned Carrots Whole-Grain Dinner Roll Fruit, Vegetables, Beverage
25 Crispy Chicken Tenders- Seasoned Broccoli Assorted Dipping Sauce: Ketchup, Sweet & Sour, BBQ Honey Mustard Fruit, Vegetables, Beverage	26 Brunch for Lunch- Whole-Grain French Toast Sticks Breakfast Sausage, Syrup Baked Potato Puffs Fruit, Vegetables, Beverage	27 Cheese Pizza- Non GMO - Tomato Sauce Mozzarella Cheese Crispy Pizza Crust Fruit, Vegetables, Beverage	28 Hamburger- Beef or Cheese Burger Whole-Grain Bun Classic Fries Fruit, Vegetables, Beverage	29 Pasta- Plain Pasta Non-GMO Marinara Sauce Meatballs Seasoned Peas and Carrots Whole-Grain Dinner Roll