



Smithfield ES Lunch Menu

October 2017

<p>2 Lucky Tray Day</p> <p>Sloppy Joe Chicken Patty Sandwich Ham & Cheese Sandwich Bagel Fun Lunch</p> <p>Fresh Fruit & Veggie Bar Side Garden Salad</p>	<p>3</p> <p>BBQ Pulled Pork Sandwich Hamburger or Cheeseburger Chicken Caesar Salad w/ Goldfish Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Green Beans</p>	<p>4</p> <p>Mini French Toasts w/Sausage Soft Pretzel w/ Yogurt Egg Salad Sandwich Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Baked Beans</p>	<p>5</p> <p>Chicken Parmesan Melt Chicken Nuggets w/ Breadstick Egg Chef Salad w/ Roll Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Tater Tots</p>	<p>6</p> <p>Hot Dog Pepperoni Pizza Three Cheese Sub Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Baby Carrots</p>
<p>9</p> <p>Columbus Day No School</p> <p>side items</p>	<p>10</p> <p>Popcorn Chicken Bowl w/ Breadstick Hamburger or Cheeseburger Tuna Salad Platter w/ Roll Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Cucumber Coins</p>	<p>11</p> <p>Mini Pancakes w/ Sausage Mac n Cheese Buffalo Ranch Wrap Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Celery Sticks</p>	<p>12 Lucky Tray Day</p> <p>Chicken Nacho Tater Tots Chicken Tenders w/ Breadstick Ranch Chicken Salad w/ Roll Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Tater Tots</p>	<p>13</p> <p>Chicken Cheddar Bacon Melt Cheese Pizza Ham & Cheese Sub Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Red Pepper Strips</p>
<p>16</p> <p>Pizza Sticks w/ Marinara Chicken Patty Sandwich Turkey Santa Fe Wrap Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Side Garden Salad</p>	<p>17</p> <p>Orange Chicken Bowl w/ Rice Hamburger or Cheeseburger Chicken & Cheese Salad w/ Roll Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Seasoned Green Beans</p>	<p>18</p> <p>Mini Waffles w/ Cheese Omelet Meatball Pizza Sub Tuna Salad Sandwich Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Baby Carrots</p>	<p>19</p> <p>Chicken Pasta Carbonaro Chicken Nuggets w/ Breadstick Bagel Fun Lunch Ham Chef Salad w/ Roll</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Charro Black Beans</p>	<p>20</p> <p>Ham & Cheese Melt Pepperoni Pizza Turkey & Cheese Sandwich Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Creamy Cole Slaw</p>
<p>23 Lucky Tray Day</p> <p>Salisbury Steak w/ Gravy & Noodles Chicken Patty Sandwich Turkey & Cheese Sandwich All-American Sandwich Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Side Garden Salad</p>	<p>24</p> <p>Country Chicken Bowl w/Breadstick Hamburger or Cheeseburger Turkey Cobb Salad w/ Roll Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Roasted Carrots</p>	<p>25</p> <p>Mini French Toasts w/Sausage Chili Mac & Cheese Egg Salad Sub Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Kicken Pinto Beans</p>	<p>26</p> <p>Corn Dog Chicken Tenders w/ Breadstick Popcorn Chicken Salad w/ Goldfish Crackers Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Stuffing</p>	<p>27</p> <p>Steak & Cheese Sub Cheese Pizza Ham & Cheese Wrap Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Broccoli</p>
<p>30</p> <p>Meatball Pizza Sub Chicken Patty Sandwich Turkey & Cheese Sandwich Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Side Garden Salad</p>	<p>31 Halloween</p> <p>Pumpkin Shaped Pretzel w/ Yogurt Hamburger or Cheeseburger Chef Salad w/ Roll Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Seasoned Green Beans</p>	<p>1</p> <p>Mini Pancakes w/ Cheese Omelet Gilled Cheese & Tomato Soup Ham & Provolone Sub Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Baked Sweet Potato Fries</p>	<p>2</p> <p>Sloppy Joe Chicken Nuggets w/ Breadstick Popcorn Chicken Salad w/ Cheese & Breadstick Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar BBQ Black Beans</p>	<p>3</p> <p>Spicy Chicken Patty Sandwich Pepperoni Pizza Tuna Salad Wrap Bagel Fun Lunch</p> <p>side items</p> <p>Fresh Fruit & Veggie Bar Cucumber Coins</p>




Donna Humphries
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Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

Menu Subject to Change:



Did you know?
You must complete a new Free & Reduced Application each year. Current eligibility will only remain in effect until October 11th unless a new application has been submitted.

Price:
Full: \$2.70 Reduced: \$.40

Milk:
1% Plain, Chocolate & Coffee Skim Milk

This institution is an equal opportunity provider.





Smithfield ES Breakfast Menu

October 2017

<p>2 Cinnamon Toast Breakfast Bar w/ String Cheese</p> <p><i>side items</i> Grapes, Mixed Fruit</p>	<p>3 Blueberry Muffin w/ String Cheese</p> <p><i>side items</i> Fresh Apple, Raisins 100% Fruit Juice, Low-Fat Milk</p>	<p>4 Cinnamon Granola Round w/ Cheese Stick</p> <p><i>side items</i> Grapes, Mixed Fruit 100% Fruit Juice, Low-Fat Milk</p>	<p>5 Trix Cereal Bar w/ String Cheese</p> <p><i>side items</i> Fresh Apple, Raisins 100% Fruit Juice, Low-Fat Milk</p>	<p>6 Cherry Frudel</p> <p><i>side items</i> Grapes, Mixed Fruit 100% Fruit Juice, Low-Fat Milk</p>
<p>9 Columbus Day No School</p> <p><i>side items</i></p>	<p>10 Cinni Minis</p> <p><i>side items</i> Banana, Diced Peaches 100% Fruit Juice, Low-Fat Milk</p>	<p>11 Apple Bosco Stick</p> <p><i>side items</i> Orange Wedges, Craisins 100% Fruit Juice, Low-Fat Milk</p>	<p>12 Banana Chocolate Chip Benefit Bar</p> <p><i>side items</i> Banana, Diced Peaches 100% Fruit Juice, Low-Fat Milk</p>	<p>13 Apple Cinnamon Muffin w/ String Cheese</p> <p><i>side items</i> Orange Wedges, Craisins 100% Fruit Juice, Low-Fat Milk</p>
<p>16 Apple Frudel</p> <p><i>side items</i> Fresh Apple, Diced Pears 100% Fruit Juice, Low-Fat Milk</p>	<p>17 Blueberry Bagel w/ Cream Cheese</p> <p><i>side items</i> Applesauce, Raisins 100% Fruit Juice, Low-Fat Milk</p>	<p>18 French Toast Benefit Bar</p> <p><i>side items</i> Fresh Apple, Diced Pears 100% Fruit Juice, Low-Fat Milk</p>	<p>19 Egg, Ham & Cheese Bosco Stick</p> <p><i>side items</i> Applesauce, Raisins 100% Fruit Juice, Low-Fat Milk</p>	<p>20 Banana Muffin w/ String Cheese</p> <p><i>side items</i> Fresh Apple, Diced Pears 100% Fruit Juice, Low-Fat Milk</p>
<p>23 Oat Raisin Benefit Bar</p> <p><i>side items</i> Banana, Applesauce 100% Fruit Juice, Low-Fat Milk</p>	<p>24 Blueberry Muffin w/ String Cheese</p> <p><i>side items</i> Orange Wedges, Raisins 100% Fruit Juice, Low-Fat Milk</p>	<p>25 Cinnamon Raisin Bagel w/ Cream Cheese</p> <p><i>side items</i> Banana, Applesauce 100% Fruit Juice, Low-Fat Milk</p>	<p>26 Trix Cereal Bar w/ String Cheese</p> <p><i>side items</i> Orange Wedges, Raisins 100% Fruit Juice, Low-Fat Milk</p>	<p>27 English Muffin w/ Jelly</p> <p><i>side items</i> Banana, Applesauce 100% Fruit Juice, Low-Fat Milk</p>
<p>30 Cherry Frudel</p> <p><i>side items</i> Fresh Apple, Pineapple 100% Fruit Juice, Low-Fat Milk</p>	<p>31 Apple Cinnamon Muffin w/ String Cheese</p> <p><i>side items</i> Fresh Pear, Craisins 100% Fruit Juice, Low-Fat Milk</p>	<p>1 French Toast Benefit Bar</p> <p><i>side items</i> Fresh Apple, Pineapple 100% Fruit Juice, Low-Fat Milk</p>	<p>2 Sausage Breakfast Pizza</p> <p><i>side items</i> Fresh Pear, Craisins 100% Fruit Juice, Low-Fat Milk</p>	<p>3 Cinnamon Granola Round w/ Cheese Stick</p> <p><i>side items</i> Fresh Apple, Pineapple 100% Fruit Juice, Low-Fat Milk</p>



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 Ovo-Lacto Vegetarian, may contain Egg & Milk

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Menu Subject to Change:

Available Daily:
Assorted Cereals & Whole Grain Breakfast Bars



Price:
Full: \$1.00 Reduced: \$.30

Milk:
1% Plain, Chocolate & Coffee Skim Milk



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