

OCTOBER 2018

JAMESTOWN SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

TOASTED CHEESE
YOGURT
CARROTS
FRESH FRUIT

2

PIZZA
SALAD
FRUIT

3

CHICKEN STRI FRY
RICE
SALAD
CAKE
FRUIT

4

SPAGHETTI
GREEN BEANS
ROLL
FRUIT

5

HAMBURGERS
WITH FIXINGS
OVEN FRIES
FRESH FRUIT

8

CORN DOGS
OVEN FRIES
SALAD
FRESH FRUIT

9

SCALLOPED POTATOES
WITH HAM
VEGGIES
FRUIT

10

CHICKEN POT PIE
SALAD
APPLE CRISP

11

TACO SALAD
LETTUCE/CHEESE
CORN
FRUIT

12

FISH
RICE
COLE SLAW
FRUIT

15

HAM AND CHEESE
LETTUCE/TOMATOES
MULTI GRAIN CHIPS
FRESH FRUIT

16

PIZZA
SALAD
FRUIT

17

CHICKEN NOODLE
SALAD
FRUIT

18

BEEF STEW
ROLL
APPLE CRISP

19

HAMBURGERS
WITH FIXINGS
OVEN FRIES
FRUIT

22

TACOS
LETTUCE/TOMATOES
CORN
FRUIT

23

MACRONI CHEESE
WITH HAM
SALAD
FRUIT

24

CHICKEN STRIPS
POTATOES
COLE SLAW
ROLL
FRUIT

25

SPAGHETTI
SALAD
ROLL
APPLE CRISP

26

HAM AND CHEESE
SANDWICH
LETTUCE/TOMATOES
MULTI-GRAIN CHIPS
FRESH FRUIT

29

HAMBURGERS
WITH FIXINGS
OVEN FRIES
FRESH
FRUIT

30

PIZZA
SALAD
FRUIT

31

HOT DOGS
CHIPS
CARROTS
JELLO/FRUIT

DID YOU KNOW...
October comes from the Latin word "octo" which means eight.

BREAKFAST

MONDAY
CEREAL

TUESDAY
MUFFINS

WEDNESDAY
PANCAKES

THURSDAY
CEREAL

FRIDAY
COOKS CHOICE

MILK, YOGURT, FRESH FRUIT OFFERED DAILY WITH BREAKFAST

1% WHITE , AND FAT FREE CHOCLATE MILK

PRICES
LUNCH \$2.75
REDUCED .40
BREAKFAST \$2.00
REDUCED .30
SALAD BAR

THIS INSTITUTION IS AN EQUAL OPPRTUNITY PROVIDER.