

October 2019

JAMETOWN SCHOOL



Monday

Did You Know?

Columbus Day is celebrated the second Monday every October.

Tuesday

1
CORN DOGS
OVEN FRIES
CARROTS
FRUIT

Wednesday

2
CHICKEN POT PIE
SALAD
FRUIT

Thursday

3
SPAGHETTI
GREEN BEANS
ROLL
APPLE CRISP

Friday

4
HAMBURGERS
WITH FIXINGS
OVEN FRIES
FRUIT

7

TOASTED CHEESE
YOGURT
CARROTS
FRUIT

8

PIZZA
SALAD
JELLO/FRUIT

9

HAM AND CHEESE
LETTUCE/TOMATOES
CHIPS
FRUIT
CAKE

10

CHICKEN
MASHED POTATOES
COLE SLAW
ROLL
FRUIT

11

HOT DOGS
CHIPS
SALAD
FRUIT

14

CORN DOGS
OVEN FRIES
SALAD
FRUIT

15

TACO SALAD
LETTUCE/CHEESE
CORN
FRUIT

16

TURKEY AND CHEESE
LETTUCE/TOMATOE
CHIPS
FRUIT
CAKE

17

BEEF STEW
ROLL
FRUIT

18

HAMBURGERS
WITH FIXINGS
OVEN FRIES
FRUIT

21

HAM AND CHEESE
LETTUCE/TOMATOES
CHIPS
FRUIT

22

PIZZA
SALAD
FRUIT

23

BEEF SHEPHERDS PIE
SALAD
FRUIT

24

SPAGHETTI
GREEN BEANS
ROLL
PEACH CRISP

25

FISH
RICE
COLE SLAW
PINAPPLE

28

TOASTED CHEESE
YOGURT
CARROTS
FRUIT

29

TACO SALAD
LETTUCE/CHEESE
CORN
FRUIT

30

CHILI
SALAD
BREAD
FRUIT

31

HOT DOGS
CHIPS
CARROTS
FRUIT
COOKIE

BREAKFAST

MONDAY CEREAL OR HOT OAT MEAL
TUESDAY MUFFINS
WEDNESDAY PANCAKES
THURSDAY CEREAL OR HOT OAT MEAL
FRIDAY COOKS CHOICE

MILK, YOGURT, FRESH FRUIT AND VEGGIES OFFERED DAILY WITH BREAKFAST.

1% WHITE, NON FAT AND FAT FREE CHOCOLATE MILK OFFERED WITH BREAKFAST AND LUNCH.

SALAD BAR: FRESH FRUIT AND VEGGIES AND SALAD OFFERED EVERY DAY

PRICES LUNCH \$2.75
REDUCED .40
BREAKFAST \$2.00
REDUCED .30
MILK .30

MENU SUBJECT TO CHANGE WITHOUT NOTICE!

THIS IS AN EQUAL OPPORTUNITY PROVIDER.

