

## SCHOOL MEAL PROGRAM

## Hot Lunch Menu Date: October 30<sup>th</sup> - Nov.24<sup>th</sup> 2023 Thank you for supporting the School Meal Program

| Monday  | Tuesday                            | Wednesday   | Thursday  | Friday                              |
|---|------------------------------------|---|---|-------------------------------------|
| 30  | 31                                 | 01  | 02  | 03                                  |
| Spaghetti and                                 | Hot Dog                            | Sweet & Sour  | Chicken Fingers                                 |                                     |
| Meatballs                                     |                                    | Chicken Nuggets<br>with Chow Mein<br>Noodles        | with Fries                                      | SUBWAY                              |
| Spaghetti &<br>Veggie Meatballs               | Veggie Hot Dog                     | S/S Veggie<br>Nuggets ChowMein                      | Veggie Chicken<br>Fingers & Fries               |                                     |
| 06  | 07                                 | 08  | 09  | 10                                  |
| Broken Lasagna<br>with Cheese &<br>Meat Sauce | Sunshine Burger<br>(Egg & Cheddar) | Beef Meatballs<br>with Mashed<br>Potatoes & Gravy   | DIY Chicken<br>Caesar Wrap                      | Pancakes with<br>Turkey<br>Sausages |
| Lasagne with<br>Cheese & Tomato<br>Sauce      | Same for Veggie<br>option          | Veggie Meatballs<br>with Mashed<br>Potatoes & Gravy | DIY Veggie<br>Chicken Caesar<br>Wrap            | Pancakes                            |
| 13  | 14                                 | 15  | 16  | 17                                  |
| STAT<br>HOLIDAY                               | Chicken Parm on a<br>Bun           | Cheese Tortellini<br>with Cream Sauce               | Beef Shepherd's<br>Pie                          | PIZZA DAY                           |
|   | Veggie Chicken<br>Parm             | Same for Veggie<br>option                           | Veggie Ground<br>Shepherd's Pie                 |                                     |
| 20  | 21                                 | 22  | 23  | 24                                  |
| Butter Chicken<br>with Rice                   | Cheese Perogies<br>with sour cream | Macaroni &<br>Cheese                                | BBQ Beef<br>Meatballs with<br>Mashed Potatoes   | PRO-D DAY                           |
| Butter Chickpeas<br>with Rice                 | Same for Veggie<br>option          | Same for Veggie<br>option                           | BBQ Veggie<br>Meatballs with<br>Mashed Potatoes |                                     |

All Meals include Fruit or Veggie and a small milk.