

Emily Howland Elementary School Menu

October 2018

MONDAY

1-C

Hot Dog or Chili
Dog
on Whole Grain
Roll
Baked Beans

8

Columbus
Day
No
School

15-D

Chicken Patty
on wheat bun
Baked Beans
Potato Gems

22-D

Turkey & Cheese
Sub w/Lettuce &
Tomato
Seasoned Carrots
Sweet Potato Fries

29-A

Chicken Parm or
Chicken Patty on
Wheat Roll
Baked Beans
Sweet Potato Fries

TUESDAY

2-D

French Toast Bites
w/ Sausage
Hash Brown Patty
100% Fruit or
Vegetable Juice

9-D

Cheeseburger
Sweet Potato
Gems
Baked Beans

16-A

Mini Pancakes w/
Sausage
Hash Brown Patty
100% Fruit or
Vegetable Juice

23-A

Pizza Crunchers
w/ Sauce
Carrot Sticks
Celery w/Dip

30-B

Chicken Nuggets
w/Dipping Sauce
Hash Browns
100% Vegetable
Juice

WEDNESDAY

3-A

Sweet & Savory
Chicken over
Rice
w/Dinner Roll
Seasoned Carrots
Broccoli

10-A

Ravioli
Breadstick
Seasoned Green
Beans
Garden Salad w/
Dressing

17-B

Meatball Sub
on Whole Grain Roll
Carrots Sticks
Garden Salad w/
Dressing

24-B

Pasta & Meat Sauce
w/Garlic Bread Stick
Seasoned Green
Beans
Garden Salad w/
Dressing

31-C

Toasted Cheese
Sandwich
Tomato Soup w/
Crackers
Broccoli

THURSDAY

4-B

Hot Turkey Gravy
Over
Mashed Potatoes
Dinner Roll
Seasoned Corn

11-B

Beef Taco w/
Lettuce, Tomato
& Cheese
Cheesy Bean Dip
Seasoned Corn

18-C

Walking Taco w/
Lettuce, Tomato &
Cheese
Seasoned Carrots
Seasoned Green
Beans

25-C

Beef Nachos
Cheesy Bean Dip
Seasoned Corn

FRIDAY

5-C

Personal Pan
Pizza
Garden Salad w/
Dressing
Seasoned Broccoli

12-C

Homemade
Pizza
Garden Salad w/
Dressing
Seasoned Broccoli

19

Staff
Development
Day
No School
For Students

26-D

Homemade
Pizza
Garden Salad w/
Dressing
Seasoned Broccoli

Available with All Lunches
Assorted Fresh Fruit
Assorted Fruit Cups
Milk Choice

Second Choice

Turkey & Cheese
Sandwich
PB & J
Yogurt Meal
Available daily

Apples Chicken Harvest
Salad

Breakfast \$1.50

Lunch

Elementary Schools \$2.45

High Schools \$2.55

Milk \$.50

Visit our website to print
an application and to
view menus.

www.yourschool.org

What kind of corn can you
eat but never grow?

Candy Corn