

 **LUNCH**

- Alternate Choice Daily
- Creamy Peanut Butter & Jelly on Whole Grain Bread

OCTOBER 2018 MENU

OMS, Thomaston Grammar, CCS

Menu is subject to change without notice. All lunches are offered with fruits, vegetables and a selection of plain or flavored milk

Monday

1
Chicken Patty Sandwich
Herbed Carrots
Fruit Cocktail
Milk

8
Columbus Day Holiday
No School

15
Flakey Croissant
Strawberry Yogurt
Baby Carrots
Assorted Fruit
Milk

22
Ham & Cheese Sandwich
Tossed Salad
Watermelon
Milk

29
Turkey & Cheese on a Keiser Roll
Broccoli
Assorted Fruit
Milk

Tuesday

2
Macaroni and Trees w/
(Broccoli & Cheese)
Craisins
Milk

9
Pretzel
String Cheese
Sunflower Seeds
Apple
Milk

16
Lean Machine Combo
Hard Boiled Egg
Whole Grain Muffin
Broccoli
Spiced Apple Slices
Milk

23
Chicken & Cheese Sandwich
Soft Pretzel
Snap Peas
Grapes
Milk

30
Tortilla Chips w/ Salsa
String Cheese
Mexican Salad
Fresh Fruit
Milk

Wednesday

3
Ham & Cheese Sub
Caesar Salad
Peaches
Milk

10
Tortilla Chips & Salsa
Baby Carrots
Assorted Fruit
Milk

17
Early Release Day
Ham & Cheese Sandwich
Baby Carrots
Raisins
Cookie

24
Pancakes w/ Syrup
Hash Browns
Fruit Choice
Milk

31
Happy Halloween
Strawberry Yogurt
Bug Bites
Carrot & Celery Fingers w/ Dip
Boo Berries
Milk

Thursday

4
Tuna Roll
Sun Chips
Coleslaw
Applesauce
Milk

11
Chicken Salad Roll
Potato Chips
Cucumber Slices
Orange
Milk

18
Ham Club Wrap
Pasta Salad w/ Vegetables
Assorted Fruit
Milk

25
Turkey Club Wrap
Sun chips
Coleslaw
Apple
Milk

Friday

5
Teachers Workshop
No School

12
Bagel Lunch w/ Cream Cheese
Yogurt
Celery Sticks w/PB
Pears
Milk

19
Chicken & Cheese Sandwich
Goldfish
Cherry Tomato and Broccoli Florets
Apple
Milk

26
Cracker Stacker
Meat & Cheese
Baby Carrots
Juice
Milk

This institution is a equal opportunity provider.