# OLDMANS TOWNSHIP SCHOOL

# OCTOBER

**LUNCH INCLUDES:**

Milk, Fruit, Vegetable, Whole Grain Wheat and Meat/Meat Alternate **Snacks For Sale!**

Chips or Ice Cream are now available for purchase

**WEEKLY BREAKFAST MENU:**

**Monday:** Assorted Muffins
**Tuesday:** Cinni Minis
**Wednesday:** Breakfast Stick (Pancake & Sausage)
**Thursday:** Waffles
**Friday:** Donut Holes
**Alternate Breakfast Choices:** Cereal Bowl or Oatmeal Bar

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|
| **Weekly Special: Grilled Cheese** | | | | |
| **28. Chicken Patty on WG Roll**<br>-Tater Tots<br>-Apple Sauce | **29. Cheesy Bread Sticks w/ Marinara**<br>-Roasted Chick Peas<br>-Mixed Fruit | **30. Spicy Wings w/ Dinner Roll**<br>-Sweet Potato Fries<br>-Pears | **1. Spaghetti & Meat Sauce w/ Garlic Knot**<br>-Peas<br>-Peaches | **2. Pizza Squares**<br>-Broccoli<br>-Frozen Fruit Cups |
| **Weekly Special: Buffalo Chicken Flat Bread** | | | | |
| **5. Chicken Nuggets w/ Cheez Its**<br>-Sweet Potato Fries<br>-Apple Sauce | **6. Nachos**<br>-Corn<br>-Mixed Fruit | **7. Cheese Burger on WG Bun**<br>-Baked Beans<br>-Pears | **8. Pizza Slice**<br>-Caesar Salad<br>-Peaches | **9.**<br>***DISTRICT IN-SERVICE SCHOOL CLOSED*** |
| **Weekly Special: BBQ Chicken Sandwich** | | | | |
| **12.**<br>***COLUMBUS DAY SCHOOL CLOSED*** | **13. Chicken Taco w/ Rice**<br>-Black Beans<br>-Mixed Fruit | **14. Pancakes & Scrambled Eggs**<br>-Hashbrowns<br>-Pears | **15. Mac & Cheese w/ Pretzels**<br>-Green Beans<br>-Peaches | **16. Pizza Bagels**<br>-Broccoli<br>-Grapes |
| **Weekly Special: Breakfast Sandwich** | | | | |
| **19. Chicken Tenders w/ Dinner Roll**<br>-Mashed Potatoes<br>-Apple Sauce | **20. Walking Taco**<br>-Corn<br>-Mixed Fruit | **21. Cheese Burger on WG Bun**<br>-Carrots<br>-Pears | **22. Beefaroni w/ Texas Toast**<br>-Peas<br>-Peaches | **23. French Bread Pizza**<br>-Caesar Salad<br>-Sidekick ICEE |
| **Weekly Special: Grilled Cheese** | | | | |
| **26. Popcorn Chicken w/ Goldfish**<br>-Tater Tots<br>-Apple Sauce | **27. Cheesy Bread Sticks w/ Marinara**<br>-Roasted Chick Peas<br>-Mixed Fruit | **28. Spicy Wings w/ Dinner Roll**<br>-Sweet Potato Fries<br>-Pears | **29. Chicken Alfredo w/ Pretzels**<br>-Green Beans<br>-Peaches | **30. Pizza Squares**<br>-Broccoli<br>-Strawberries |

## AVAILABLE DAILY

- Peanut Butter & Jelly Uncrustable w/ Cheese Stick & Goldfish
- Yogurt & Granola
- Sub/Salad

### Sub/Salad Menu

- **Monday:** Turkey & Cheese Sub
- **Tuesday:** Chicken Caesar Salad
- **Wednesday:** Turkey & Cheese Sub
- **Thursday:** Chicken Caesar Salad

# OLDMANS TOWNSHIP PRE-K

# OCTOBER

**LUNCH INCLUDES:**

Milk, Fruit, Vegetable, Whole Grain Wheat and Meat/Meat Alternate

**WEEKLY BREAKFAST MENU:**

**Monday:** Assorted Muffins
**Tuesday:** Cinni Minis
**Wednesday:** Breakfast Stick (Pancake & Sausage)
**Thursday:** Waffles
**Friday:** Donut Holes
**Alternate Breakfast Choices:** Cereal Bowl

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|
| **28. Chicken Patty on WG Roll**<br>-Tater Tots<br>-Apple Sauce | **29. Cheesy Bread Sticks w/ Marinara**<br>-Roasted Chick Peas<br>-Mixed Fruit | **30. Chicken Nuggets**<br>-Carrots<br>-Pears | **1. Spaghetti & Meat Sauce**<br>-Peas<br>-Peaches | **2. Pizza Squares**<br>-Broccoli<br>-Oranges |
| **5. Chicken Nuggets**<br>-Carrots<br>-Apple Sauce | **6. Nachos**<br>-Corn<br>-Mixed Fruit | **7. Cheese Burger on WG Bun**<br>-Baked Beans<br>-Pears | **8. Pizza Slice**<br>-Caesar Salad<br>-Peaches | **9.**<br>***DISTRICT IN-SERVICE SCHOOL CLOSED*** |
| **12.**<br>***COLUMBUS DAY SCHOOL CLOSED*** | **13. Chicken Taco w/ Rice**<br>-Black Beans<br>-Mixed Fruit | **14. Pancakes & Scrambled Eggs**<br>-Hashbrowns<br>-Pears | **15. Mac & Cheese w/**<br>-Green Beans<br>-Peaches | **16. Pizza Bagels**<br>-Broccoli<br>-Bananas |
| **19. Chicken Tenders w/ Dinner Roll**<br>-Mashed Potatoes<br>-Apple Sauce | **20. Walking Taco**<br>-Corn<br>-Mixed Fruit | **21. Cheese Burger on WG Bun**<br>-Carrots<br>-Pears | **22. Beefaroni**<br>-Peas<br>-Peaches | **23. French Bread Pizza**<br>-Caesar Salad<br>-Oranges |
| **26. Popcorn Chicken w/ Goldfish**<br>-Tater Tots<br>-Apple Sauce | **27. Cheesy Bread Sticks w/ Marinara**<br>-Hummus<br>-Mixed Fruit | **28. Hot Dog**<br>-Carrots<br>-Pears | **29. Grilled Cheese**<br>-Green Beans<br>-Peaches | **30. Pizza Squares**<br>-Broccoli<br>-Bananas |