



Scituate Elementary School Lunch Menu – October 2019

Student: \$2.60 Reduced: 40¢

A full student lunch includes an entrée providing meat/meat alternative, grain, vegetable side dish, fruit, and milk. Milk choices include 1% white, fat free white, and fat free chocolate.

Monday	Tuesday	Wednesday	Thursday	Friday
Seed to Table  Broccoli Kale	1 1 – Chicken & Cheese Quesadilla Fresh Fruit and Veg Bar	2 1 – Pasta with Italian Meat Sauce Local Roasted Broccoli Fresh Fruit and Veg Bar	3 1 – Popcorn Chicken Bowl with Homemade Mashed Potatoes Corn, Cheddar Cheese, Gravy Fresh Fruit and Veg Bar	4 1 – Homemade Cheese or Pepperoni Pizza* Tossed Side Salad Fresh Fruit and Veg Bar
Alternate Meals Offered Daily: 2 – Classic Cheeseburger 3 – Nacho Fun Lunch (Tortilla Chips, Cheddar Cheese, Salsa)				
7 1 – Mac & Cheese Local Seasoned Broccoli Fresh Fruit and Veg Bar	8 1 – Chicken Fried Rice Bowl Roasted Fresh Vegetable Medley Fresh Fruit and Veg Bar	9 1 – Classic Hamburger Toppings: Lettuce, tomato, cheese Crinkle Fries Fresh Fruit and Veg Bar	10 1 – Shepherd's Pie Local Kale "Chips" Fresh Fruit and Veg Bar	11 No School! Professional Development Day
Alternate Meals Offered Daily: 2 – Chicken Patty Sandwich 3 – Bagel Fun Lunch (Incl. Yogurt, Cream Cheese, & String Cheese)				
 14	15 1-Chicken Drumsticks Homemade Mashed Potatoes & Gravy Green Beans Fresh Fruit and Veg Bar	16 1 – Beef Tacos Toppings: Cheddar, Tomato, Lettuce, Salsa Seasoned Black Beans Fresh Fruit and Veg Bar	17 1 – Pasta & Meatballs Roasted Local Broccoli Fresh Fruit and Veg Bar	18 1 – Hot Dog Mixed Green Salad Fresh Fruit and Veg Bar
Alternate Meals Offered Daily: 2 – Personal Cheese Pizza 3 – Muffin Fun Lunch (Incl. Cheese Stick, Goldfish and Yogurt)				
21 1 –Chicken Fajita Brown Rice Seasoned Corn Fresh Fruit and Veg Bar	22 1 – Roasted Turkey Homemade Mashed Local Potatoes, Roasted Cinnamon Butternut Squash Fresh Fruit and Veg Bar	23 1 – Home-style Meatloaf Homemade Mashed Potatoes, Gravy Fresh Zucchini & Squash "Chips" Fresh Fruit and Veg Bar	Apple Crunch Day 24 1-BBQ Chicken Local Herb Roasted Potatoes Apple Crisp Homemade Cornbread Fresh Fruit and Veg Bar	25 1 – Homemade Cheese or Pepperoni Pizza Cranberry Spinach Sesame Salad Fresh Fruit and Veg Bar
Alternate Meals Offered Daily: 2 – Chicken Tenders w/ Dinner Roll 3 – Ham & Cheese Sandwich				
28 1 – Chicken Nuggets Baked Crinkle Fries Fresh Fruit and Veg Bar	29 1 – Breakfast for Lunch French Toast Sticks, Pork Sausage Patty Baked Apple Slices (Locally Grown Apples) Fresh Fruit and Veg Bar	30 1 – Chicken Parm Sandwich Curly Fries Fresh Fruit and Veg Bar	HALLOWEEN 31 1-Italian Chicken Meatball Sub Roasted Green Beans Fresh Fruit and Veg Bar 	
Alternate Meals Offered Daily: 2 –Cheese Stuffed Breadsticks 3 – Chicken Caesar Salad				
	Seed to Table is a celebration of fresh, seasonal, and local foods. Chartwells is proud to promote locally grown produce and support local farms,	school gardens, and nutrition education in our districts. This month we are focusing on local kale, potatoes, and broccoli.		

All meals are served with milk (1% low fat white or flavored), fruit and vegetables

Any questions please contact Erin Shoemaker Erin.Shoemaker@compass-usa.com

If you have any food allergies, please let us know!



The App for your Smartphone
scituateschoolsri.nutrislice.com/menu