



October 2017 Bennet



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Patty on a Whole Wheat Roll Green Beans Choice of Fruit	3 Soft Bread Sticks Meat Sauce Caesar Salad Choice of Fruit	4 Toasted Cheese Sandwich Tomato Soup Sweet Potato Fries Choice of Fruit	5 Popcorn Chicken Mashed Potato with Gravy Carrots Choice of Fruit	6 Pizza Round <i>Cheese or Pepperoni</i> Crispy Roasted Chickpeas Choice of Fruit
Daily Alternates: Bagel Plate, Chef Salad, Rib-B-Que on a Roll, Deli Sandwiches				
9 No School Columbus Day	10 Pasta & Meatballs Roasted Zucchini Choice of Fruit	11 Breaded Chicken Tenders Roasted Mini Golden Potatoes Broccoli Choice of Fruit	12 Beefburger, Cheeseburger or Veggie Burger on a Whole Wheat Roll Corn Baked Beans Choice of Fruit	13 Pizza Wedge <i>Cheese or Buffalo Chicken</i> Caesar Salad Choice of Fruit
Daily Alternates: Bagel Plate, Chef Salad, WG Mini Quesadilla, Deli Sandwiches				
16 French Toast Sticks Potato Puffs Sausage Links Choice of Fruit	17 Crazy Cheesy Bread Marinara Sauce Roasted Parmesan Green Beans Choice of Fruit	18 <i>Under the Sea</i> Fish Sticks Macaroni & Cheese Carrots Choice of Fruit	19 Nacho Supreme <i>with Toppings</i> Mexican Black Beans Choice of Fruit	20 Pizza Round <i>Cheese or Pepperoni</i> Garden Salad Choice of Fruit
Daily Alternates: Bagel Plate, Chef Salad, Hummus Plate, Toasted Cheese Sandwich, Deli Sandwiches				
23 Corn Dog Nuggets Oven Roasted Fries Choice of Fruit	24 Popcorn Chicken Mashed Potato with Gravy Carrots Choice of Fruit	25 Soft Shell Taco <i>with Toppings</i> Refried Beans Choice of Fruit	26 Chicken Nuggets Brown Rice Steamed Green Beans Choice of Fruit	27 Pizza Wedge <i>Cheese or Buffalo Chicken</i> Garden Salad Choice of Fruit
Daily Alternates: Bagel Plate, Chef Salad, Hummus Plate, Lasagna, Deli Sandwiches				
30 Chicken Nuggets Cheesy Rice & Broccoli Carrots Choice of Fruit	31 Maple Glazed Pancakes Potato Puffs Sausage Links Choice of Fruit		Fruit Choices Include a variety of fresh, canned & 100% fruit juice	Milk is available with all meals Daily Milk Choices 1%, Skim, & Fat Free Flavored
Daily Alternates: Bagel Plate, Chef Salad, Hummus Plate, Fish Sandwich, Deli Sandwiches				

This Institution is an equal opportunity provider.

Menu subject to change

Please log onto www.ezschoollpay.com to monitor your child's account or call 860-647-3462

Student Lunch Price: \$2.50 - Reduced Lunch Price: \$.40

Adult Lunch Price: \$3.75

Student Breakfast: \$1.00 - Reduced Breakfast: \$.30

Milk Only: \$.40



Remember to fill out your
Free & Reduced Price Meal Application
Apply on line @ www.ezmealapp.com
If you need a paper copy please pick one up



Breakfast is offered daily at all schools throughout the district: Please visit: www.mpspride.org