



# 2010 October ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<p align="center"><b>Sweet Let's Eat!!!</b>  <b>Breakfast: \$1.00 and Reduced is \$0.30</b>  <b>Lunch: \$2.05 and Reduced is \$0.40</b>  <b>National School Lunch Week October 11-15, 2010</b></p>			<p align="center"><b>1 No School</b>  </p>	<p align="center"><b>Check this out...</b></p> <p align="center"><b>Breakfast Includes:</b>  <b>Entrée Choice, Fruit Choice, and Milk</b>  <b>Plus:</b>  <b>Mon/Wed/Fri Potato</b>  <b>Tue &amp; Thu Toast &amp; Jelly</b>  <b>Fresh Fruit Everyday!!</b>  <b>Lunch Includes:</b>  <b>Entrée Choice, Vegetable, Fruit, and Milk</b>  <b>Plus:</b>  <b>Bonus Items</b>  <b>Mon – Thu Garden Salad with Dressing</b>  <b>Friday Pudding, Jello or Cookie</b></p>
<p><b>4 OATMEAL W/ CINNADUNKERS</b>            Salisbury Steak w/ Gravy &amp; Roll            Corn Dog            Glazed Carrots            Mashed Potatoes            Pears            Salad</p>	<p><b>5 PANCAKES</b>            Chicken Fajita Soft Taco            Mozzarella Chz. Sand.  <b>Chef Salad</b>            Golden Corn            Celery Sticks w/ PB            Fresh Fruit            Salad</p>	<p><b>6 CINNAMON ROLLS</b>            Mac &amp; Chz. w/ Smokies            Cheeseburger            Broccoli w/ Cheese            Baby Carrots w/ Ranch            Jello Applesauce            Salad</p>	<p><b>7 SUNRISE SANDWICH</b>            Popcorn Chicken w/ Noodles            Sloppy Joe  <b>Chef Salad</b>            Green Beans            Peas &amp; Carrots            Fresh Orange Half            Salad</p>	<p><b>8 BISCUIT &amp; GRAVY</b>            Pepperoni Pizza            Enchilada            Spanish Rice            Salad w/ Dressing            Mandarin Oranges            Pudding</p>	
<p><b>11 CAN.BCN/EGG/CHZ BISCUIT</b>            Dinosaurs w/ TX Toast            BBQ Pork Sandwich            Golden Corn            Broccoli w/ Cheese            Applesauce            Salad</p>	<p><b>12 WAFFLE</b>            Taco Stack            Toasted Turkey &amp; Chz.  <b>Chef Salad</b>            Refried Beans w/ Chz            Celery Sticks w/ PB            Fresh Fruit            Salad</p>	<p><b>13 CINNAMON ROLLS</b>            Chkn Nuggets w/ Roll            Fruit, Yogurt, &amp; Mini            Bagel w/ PB            Cheesy Potatoes            Baby Carrots w/ Ranch            Pineapple            Salad</p>	<p><b>14 BREAKFAST BURRITO</b>            Broccoli &amp; Chz. Baked            Potato            Cheeseburger  <b>Chef Salad</b>            Green Beans            Peas            Fresh Orange Half</p>	<p><b>15 BISCUIT &amp; GRAVY</b>            Cheese Pizza            Corn Dog            Potato Rounds            Salad w/ Dressing            Peaches            Cookie</p>	
<p><b>18 PBJ STACKER</b>            Shrimp Poppers w/ Garlic Noodles            Hot Ham &amp; Cheese            Spinach            Peas &amp; Carrots            Jello Applesauce            Salad</p>	<p><b>19 PANCAKES</b>            Soft Shell Beef Taco            Hamburger  <b>Chef Salad</b>            Spanish Rice            Celery Sticks w/ PB            Fresh Fruit            Salad</p>	<p><b>20 CINNAMON ROLLS</b>            Lasagna w/ Tx Toast            Hot Dog            Broccoli w/ Cheese            Baby Carrots w/ Ranch            Juice Bar            Salad</p>	<p><b>21 HOT HAM &amp; CHEESE</b>            Salisbury Steak w/ Gravy &amp; Roll            Breaded Chkn. Sand.  <b>Chef Salad</b>            Mashed Potatoes            Green Beans            Fresh Orange Half</p>	<p><b>22 BISCUIT &amp; GRAVY</b>            Pepperoni Pizza            Meatball Sub            Potato Rounds            Salad w/ Dressing            Mandarin Oranges            Jello</p>	
<p><b>25 OATMEAL W/ CINNADUNKERS</b>            Mini Ravioli w/ Tx Toast            Cheeseburger            Glazed Carrots            Peas            Pineapple</p>	<p><b>26 FRENCH TST STICKS</b>            Hard Shell Beef Tacos            BBQ Pork Sandwich  <b>Chef Salad</b>            Golden Corn            Celery Sticks w/ PB            Fresh Fruit            Salad</p>	<p><b>27 CINNAMON ROLLS</b>            Chkn Nuggets w/ Roll            Chili Cheese Corn Dog            Cheesy Potatoes            Baby Carrots w/ Ranch            Applesauce            Salad</p>	<p><b>28 BREAKFAST BURRITO</b>            Chili Frito Pie            Breaded Chkn. Sand.  <b>Chef Salad</b>            Green Beans            Broccoli w/ Cheese            Fresh Orange Half</p>	<p><b>29 BOO/SCUIT &amp; GRAVY</b>            Ghostly Cheese Pizza            Spooky Sub Sandwich            Spinach            Salad w/ Dressing            Pears            Italian Ice</p>	

**Mission: "To provide nutritious meals which meet the needs of students' academic and physical well-being."**

**Parents/Guardians: Did you know you can check your child's balance and account activity for free?**

- Set up an account on **Meal Pay Plus**: go to [springfieldpublicschoolsno.org](http://springfieldpublicschoolsno.org), click on Nutrition Services, Payment Options, Step by Step Account Set-up; **OR** visit the **Meal Pay Plus** website.
- Have student's ID# ready to complete the account set-up. FAQ section for helpful information.
- It's free to check your child's balance or account history, however **Meal Pay Plus** charges a 4.75% fee per online payment transaction, to add money to an account.

Menus are subject to change without notice.

