









# OCTOBER



2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><u>7</u> Loose Meat Sandwich or Veggie Burgers Mixed Veggies Assorted Fruit</p>	<p><u>1</u> Hotdog With Chips Beans Corn Assorted Fruit</p>	<p><u>2</u> Ziti With Flatbread Flat bread Green Beans Assorted Fruit</p>	<p><u>3</u> Grilled Cheese Sandwich Seasoned Baked Fries Mixed Veggies Assorted Fruit</p>	<p><u>4</u> Assorted Pizza GF Pizza Mixed Veggies Assorted Fruit</p>
<p><u>7</u> Loose Meat Sandwich or Veggie Burgers Mixed Veggies Assorted Fruit</p>	<p><u>8</u> Taco Tuesday Baked Beans Lettuce, Salsa, Cheese, Sour Cream Assorted Fruit</p>	<p><u>9</u> Pasta Dinner or GF Pasta Peas And Carrots Assorted Fruit</p>	<p><u>10</u> 100% Beef Hotdogs Oven baked fries Corn Apple sauce Cups</p>	<p><u>11</u> Assorted Pizza GF Pizza Peas &amp; Carrots Assorted Fruit</p>
 <p><u>15</u> Chicken Quesdillas Veggie Quesdilas Black Beans Assorted Fruit</p>	<p><u>15</u> Chicken Quesdillas Veggie Quesdilas Black Beans Assorted Fruit</p>	<p><u>16</u> Chicken &amp; Rice White Rice Broccoli Assorted Fruit</p>	<p><u>17</u> Chicken Nuggets Veggie Nuggets Corn Assorted Fruit</p>	<p><u>18</u> Assorted Pizza GF Pizza Peas &amp; Carrots Assorted Fruit</p>
<p><u>21</u> Spaghetti &amp; Meatsauce Dinner Rolls Peas &amp; Carrots Assorted Fruit</p>	<p><u>22</u> Hamburgers or Veggie Burgers Bag of chips Assorted Fruit</p>	<p><u>23</u> Meat Loaf w/ Gravy Mashed Potatoes Green Beans Assorted Fruit</p>	<p> <u>24</u>  <b>Early Release</b> Chicken Patty / Veggie Patty Celery Sticks Fruit Cup <b>Spaghetti Supper</b></p>	 <p>Teacher Professional Day</p>
<p><u>28</u> Chicken &amp; Broccoli Ziti Dinner Rolls Sweet Corn Assorted Fruit</p>	<p><u>29</u> Chicken Corn Dogs Mixed veggies Assorted Fruit</p>	<p><u>30</u> Chili Mac or GF pasta Garlic bread Mixed Veggies Assorted Fruit</p>	<p><u>31</u> Chicken Tenders Baked fries Cheese sticks Assorted Fruit</p>	 <p>Happy Halloween!</p>

LUNCHES ARE SERVED WITH 1% WHITE OR FAT FREE CHOCOLATE MILK, VEGETABLE OF THE DAY AND FRUIT. LUNCH WILL BE FREE TO ALL STUDENTS UNTIL 6/30/2025. OUR MEALS ARE PLANNED TO COMPLY WITH THE USDA DAILY RECOMMENDED GUIDELINES. SALAD BAR IS OFFERED EVERYDAY AS A VEGETARIAN ALTERNATIVE. SUN BUTTER & JELLY SANDWICH, ASSORTED SUBS & HOMEMADE PIZZA WILL BE OFFERED DAILY AS AN ALTERNATE BEGINNING AUGUST 28th, 2024 ALL MEALS ARE OFFERED FREE TO QUALIFYING STUDENTS. PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION.

WE WELCOME YOUR COMMENTS & QUESTIONS, PLEASE FEEL FREE TO CALL ANYTIME AT 978-402-8666 OR EMAIL [LMITCHELL@CARLISLE.K12.MA.US](mailto:LMITCHELL@CARLISLE.K12.MA.US) OUR PRE-PAYMENT OPTION TAKES A LOAD OFF YOUR MIND, PLEASE VISIT THE CARLISLE SCHOOL WEB-SITE FOR MORE INFORMATION.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.