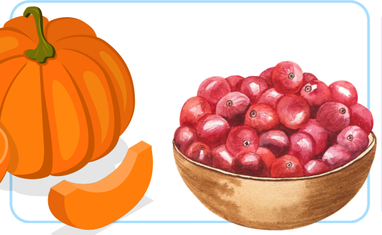
OCTOBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 TERIYAKI CHICKEN STIR-FRY OR VEGGIES STIR-FRY SERVED OVER RICE CARROT STICKS ORANGE SMILES	2 SPECIALTY PIZZAS GLUTEN FREE PIZZA MIXED SALAD APPLE SAUCE CUPS
5 MEATLESS MONDAY SPINACH AND CHEDDAR FRITTATA CORNBREAD RAISINS OR APPLES	6 CHICKEN NUGGETS OR VEGGIE NUGGETS HOMEMADE MASHED POTATOES GREEN PEAS CRANBERRIES	7 CHEESE STEAK SUBS SMILEY FRIES CHICKPEA SALAD RAISINS OR APPLES	8 CHICKEN CAESAR SALAD VEGETARIAN SALAD GARLIC BREAD STICK ROASTED CHICKPEAS RED AND GREEN GRAPES	9 SPECIALTY PIZZAS GLUTEN FREE PIZZA SPINACH SALAD BANANAS
12 NO SCHOOL TODAY 	13 PASTA WITH MEAT SAUCE BLACK BEAN AND CORN SALAD CINNAMON APPLE SLICES	14 GRILLED CHEESE HOMEMADE TOMATO SOUP STEAMED BROCCOLI ORANGE SMILES	15 CHICKEN PATTY SANDWICH VEGGIE BURGER CUCUMBERS,AND CARROTS WITH DIP MIXED BERRIES	16 SPECIALTY PIZZAS GLUTEN FREE PIZZA GARDEN SALAD APPLE SAUCE CUPS
19 MEATLESS MONDAY THREE CHEESE MAC N CHEESE GARLIC GREEN BEANS MIXED FRUIT	20 BBQ BACON MEATLOAF HOMEMADE MASHED POTATOES SWEET GREEN PEAS APPLE SAUCE CUPS	21 ITALIAN CHICKEN SUBS GARDEN SALAD PEPPER STRIPS AND CARROT STICKS WITH HUMMUS ORANGE SMILES	22 EARLY RELEASE BAGEL HONEY ROASTED SUNFLOWER SEEDS CRANBERRIES	23 NO SCHOOL TODAY
26 MEATLESS MONDAY PASTA WITH MARINARA MOZZARELLA CHEESE STICK ROASTED GARLIC CHICKPEAS MIXED FRUIT	27 TACO TUESDAY! BEEF OR BEAN TACO SOUR CREAM SALSA GUACAMOLE CORN CHILLED PEACHES	28 HOT DOGS OR VEGGIE DOGS VEGETARIAN BAKD BEANS STEAMED BROCCOLI APPLE SLICES	29 BREAKFAST FOR LUNCH FRENCH TOAST STICKS SCRAMBLED EGGS TURKEY SAUSAGE CARROT STICKS ORANGES	30 SPECIALTY PIZZAS GLUTEN FREE PIZZA CHICKPEA SALAD APPLE SAUCE CUPS

Did you know. . .School lunch is free!
All Meals include whole grain, lean protein, Vegetable and fruit of the day & 1% Milk or fat free Chocolate Milk.

Students must select at least 3 out of 5 items including a fruit or vegetable to create a complete USDA lunch.

MAKE A MEAL

We will also offer sunbutter & jelly, homemade pizza, fresh salad with or without meat, assorted subs, and grilled cheese as daily alternatives for meals. All meals are offered free to qualifying students.

Please visit our website for more information. We are welcome to your comments and questions, please feel free to call anytime at 978-402-8666, or email sbardzik@carlisle.k12.ma.us.

Our prepayment option takes a load off your mind. Please visit the Carlisle School website for more information. Civil rights law and U.S. Department of Agriculture (USDA) Civil Rights

*** There will be a Gluten Free and Vegan Option Everyday Upon Request***
Please be advised, Menu is subject to Change

Carlisle Public School
is a Nut-Free Kitchen!