



Jamestown Area School District

Elem Lunch Menu

October 2023



Lunch includes: Entrée (Grain & Meat/Meat Alt), Veg, Fruit & Milk. Students must take three 'items', one must be fruit/juice/veg.

Monday	Tuesday	Wednesday	Thursday	Friday
2-Oct Chicken Patty on WG Bun Lettuce, Tomato, Pickles Baked French Fries Diced Pears 	3-Oct Walking Taco Cheese, Sr Cream, Salsa Refried Beans Lettuce/Tomato Mixed Fruit	4-Oct French Bread Pizza Garden Salad (Lettuce, Cucumbers, Tomato & Garbanzo Beans) Fresh Fruit Variety	5-Oct Deli Turkey & Cheese on Pretzel Bun Baked Potato Chips Sliced Veggies & Dip Fruit Variety	6-Oct Stromboli (Italian or Buffalo) Vegetable Variety Fruit Variety
9-Oct No School 	10-Oct Cheeseburger On Bun Lettuce, Tomato, Pickle Tater Tots Applesauce	11-Oct General Tso Chicken Rice Pilaf Oriental Vegetables Sweet & Sour Dip Pineapple Chunks	12-Oct Nacho Supreme Refried Beans Salsa & Sour Cream Lettuce/Tomato/Peppers Diced Pears	13-Oct Chicken Sticks Dinner Roll Waffle Fries Peaches 
16-Oct Max Cheese Sticks Marinara Tater Tots Garden Salad Berry Blue Berry Slushy	17-Oct Chicken Tenders Soft Pretzel Au Gratin Potatoes Fruit Variety 	18-Oct 3 Cheese Cavatappi Pasta in Cheese Sauce Garlic Bread Stick Steamed Broccoli Diced Peaches	19-Oct Chicken Nuggets WG Dinner Roll Mashed Potatoes & Gravy Steamed Green Beans Peaches	20-Oct Soft Beef Taco Apple Churro Taco Toppings Tater Tots Applesauce
23-Oct Cheese Pizza Garden Salad Fresh Strawberries & Blueberries	24-Oct Walking Taco Cheese, Sr Cream, Salsa Refried Beans Lettuce/Tomato Mixed Fruit	25-Oct Chicken Popper Bowl Dinner Roll Mashed Potatoes & Gravy Steamed Corn Peaches 	26-Oct Buttered Noodles Marinara and/or Cheese Sauce Garlic Bread Stick Garden Salad Mixed Fruit	27-Oct Chicken Patty on WG Bun Lettuce, Tomato, Pickles Baked French Fries Diced Pears
30-Oct Nacho Supreme Rice Pilaf (9-12) Refried Beans Salsa & Sour Cream Lettuce/Tomato/Peppers Fruit Variety	31-Oct Halloween Menu Mummy Coffin Skeleton Fingers Witches Brew Goblin Goo Creepy Crawly Dirt Liquid Ghosts	Halloween Menu Chicken Fingers Pretzel/French Fries Baked Beans Applesauce Dirt Pudding Milk		

This institution is an equal opportunity provider.

Choice of Milk:

1% White Milk
 Fat-Free Flavored
 (Choc., Van., Straw.)

Daily Fruit:

Apples, Bananas
 Oranges, Canned Fruit

Daily Vegetables:

Sliced Veggies
 Lentil Salad Variety
 Garden Salad

Daily Alternatives:

A. Main Meal
 B. Ez Jammer Sandwich (Wowbutter & Jelly)
 C. Trix Yogurt/Crackers
 D. Small Chef Salad

Create an account on www.SchoolCafe.com to add money to your students account.