

Jay/Westfield School Menu

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Chicken Nuggets <i>Roasted potato Wedges</i> Broccoli Salad Bar Assorted Fruit Cup Fresh Fruit Farm fresh Milk	2 <i>BBQ Pork Sandwich</i> <i>Rice Pilaf</i> Salad Bar Assorted Fruit Cup Fresh Fruit Farm Fresh Milk	3 Lasagna Peas Salad Bar Assorted Fruit Cup Fresh Fruit Farm Fresh Milk	4 Chicken Fajitas w/Lettuce & Tomato Salsa & Black Bean Spanish Rice Assorted fruit Salad Bar Farm fresh milk	5 Pepperoni, Cheese , or Hawaiian Pizza Garden Slaw Soup of the Day Salad Bar Low Fat Dressing Assorted Fruit Cup Fresh Fruit	Menu Subject to change according to availability
	Daily Breakfast Mon: Bagels w/ Cream Cheese or Muffins Tue: Pancakes or French Toast Wed Sausage or Ham Sandwich Thru: Scrambled Eggs Fri: Cinnamon Buns Assorted Cold Cereal Offered daily	8 Build a Grinder Corn Chowder Salad Bar Assorted Fruit Cup Fresh Fruit Farm Fresh Milk	9 <i>Ground beef stroganoff</i> Broccoli Salad Bar Assorted Fruit Cup Fresh Fruit Farm fresh Milk	10 <i>Sheppard's Pie with corn bread</i> Salad Bar Assorted Fruit cup Fresh Fruit Farm Fresh Milk	11 Chicken Stir-fry Brown Rice Carrots Salad Bar Fresh Fruit Assorted Fruit Cup Farm Fresh Milk	12 Parent Conference Day No School
Availablely Every Day Yogurt w/Toast Assorted Cereal Homemade Granola Fresh Fruit	15 No School In Service Day	16 Hot dog on a Bun Baked Beans Salad Bar Assorted Fruit cup Fresh Fruit Farm Fresh Milk	17 Turkey Mashed Potatoes Stuffing Corn Assorted Fruit Salad Bar Farm fresh milk	18 Pasta and meat sauce Peas Salad Bar Assorted Fruit Cup Fresh Fruit Farm Fresh Milk	19 Pepperoni, Cheese , or Hawaiian Pizza Garden Slaw Soup of the Day Salad Bar Low Fat Dressing Assorted Fruit Cup	Breakfast Prices: Paid \$.1.25 Reduced Free Adults \$2.25 Lunch Paid 2.25 Reduced Free Adults \$3.75
"This is an equal opportunity provider."	22 Chicken Patty on a Bun French Fries Salad Bar Assorted Fruit Cups Fresh Fruit Farm Fresh Milk	23 Chicken and Biscuits Mashed Potato Peas Salad Bar Assorted Fruit Cup Fresh Fruit Farm Fresh Milk	24 Meatball Sub Sweet Potato Fries Salad Bar Assorted Fruit Cup Fresh Fruit Farm Fresh Milk	25 Chicken and cheese Quesadillas Refried beans Brown rice Assorted fruit Cups Farm fresh milk	26 Pepperoni, Cheese , or Hawaiian Pizza Garden Slaw Soup of the Day Salad Bar Low Fat Dressing Assorted Fruit Cup	Salad Bar available Everyday
	29 <i>Chicken and Noodles</i> <i>Roasted Veggies</i> Assorted fruit cup Salad Bar Farm fresh milk	30 Roast Pork Baked Potatoes Peas Salad Bar Assorted Fruit Cup Fresh Fruit Farm Fresh Milk	31 <i>Nachos</i> <i>Brown Rice</i> Lettuce,tomato Fresh salsa Assorted Fruit Cup Fresh fruit Farm fresh Milk			