

**LUNCH MENU**  
**Long Meadow Elem.**  
**Lunch Price - \$2.30**

Milk Price - \$.50

# Oct-07

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Ham &amp; Cheese on a roll.</p> <p>Chef Salad Platter Salad Platter w/Cheese Only Cereal &amp; Yogurt Plate Bagel &amp; Yogurt Plate</p>	<p>[1] Mozzarella Sticks</p> <p>Choice of 3 Side Dishes+ milk Tossed Salad</p> <p>Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[2] 1 Nachos</p> <p>Choice of 3 Side Dishes+ milk Corn</p> <p>Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[3] 1 Baked Popcorn Chicken</p> <p>Choice of 3 Side Dishes+ milk Baked Potato Calif. Blend Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[4] 1 Toasted Cheese Sand with</p> <p>Choice of 3 Side Dishes+ milk Oven Fries Green Beans Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[5] 1 Big Daddy Pizza</p> <p>Choice of 3 Side Dishes+ milk</p> <p>Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>
<p><b>Offered Daily</b></p> <p>Tuna Salad on a roll</p> <p>Chef Salad Platter Salad Platter w/Cheese Only Cereal &amp; Yogurt Plate Bagel &amp; Yogurt Plate</p>	<p>[8] <b>No School Columbus Day</b></p>	<p>[9] 1 Pizza Slice</p> <p>Choice of 3 Side Dishes+ milk Broccoli Cuts</p> <p>Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[10] 1 Pasta &amp; Marinara or Meat Sace</p> <p>Choice of 3 Side Dishes+ milk Garden Salad</p> <p>Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[11] 1 Meatball Grinders</p> <p>Choice of 3 Side Dishes+ milk Oven Fries Broccoli Cuts Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[12] 1 Big Daddy Pizza</p> <p>Choice of 3 Side Dishes+ milk</p> <p>Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>
<p><b>Offered Daily</b></p> <p>Turkey &amp; Cheese on a roll</p> <p>Chef Salad Platter Salad Platter w/Cheese Only Cereal &amp; Yogurt Plate Bagel &amp; Yogurt Plate</p>	<p>[15] Cheeseburger on a bun</p> <p>Choice of 3 Side Dishes+ milk Potato Puffs Corn Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[16] 1 Stuffed Crust Pizza</p> <p>Choice of 3 Side Dishes+ milk Garden Salad</p> <p>Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[17] 1 Bacon, Egg &amp; Cheese on a roll</p> <p>Choice of 3 Side Dishes+ milk Hash Brown Potatoes</p> <p>Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[18] 1 Toasted Cheese</p> <p>Choice of 3 Side Dishes+ milk Oven Fries Mixed Veggies Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[19] 1 Big Daddy Pizza</p> <p>Choice of 3 Side Dishes+ milk</p> <p>Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>
<p><b>Offered Daily</b></p> <p>Combo Grinder</p> <p>Chef Salad Platter Salad Platter w/Cheese Only Cereal &amp; Yogurt Plate Bagel &amp; Yogurt Plate</p>	<p>[22] Mozzarella Sticks with Sauce</p> <p>Choice of 3 Side Dishes+ milk Tossed Salad</p> <p>Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[23] 1 Unbreaded Chicken Patty / bun</p> <p>Choice of 3 Side Dishes+ milk Mashed Potatoes Green Beans Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[24] 1 Pasta &amp; Marinara or Meat Sace</p> <p>Choice of 3 Side Dishes+ milk Garden Salad</p> <p>Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[25] 1 Baked Chicken Tenders/ WW roll</p> <p>Choice of 3 Side Dishes+ milk Fluffy Rice Carrots Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[26] 1 Big Daddy Pizza</p> <p>Choice of 3 Side Dishes+ milk</p> <p>Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>
<p><b>Offered Daily</b></p> <p>Ham &amp; Cheese on a roll.</p> <p>Chef Salad Platter Salad Platter w/Cheese Only Cereal &amp; Yogurt Plate Bagel &amp; Yogurt Plate</p> <p><b>MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.</b></p>	<p>[29] Cheeseburger on a bun</p> <p>Choice of 3 Side Dishes+ milk Oven Fries Corn Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[30] 1 Grilled Chicken Nuggets</p> <p>Choice of 3 Side Dishes+ milk Mashed Potatoes Peas Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>	<p>[31] 1 Pizza Slice</p> <p>Choice of 3 Side Dishes+ milk Tossed Salad</p> <p>Fresh Veg Sticks Fresh or Canned Fruit or 100% Jice Assorted Milk</p>		