

## PARTY PUMPKIN

Meet Your Nutritious Friend:  
Party Pumpkin

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked Ziti Fresh Garden Salad (V)  <b>FEATURED VEGGIES</b> Tator Tots Fresh Cucumber Slices	2 Chicken Patty on a Bun American Hoagie  <b>FEATURED VEGGIES</b> Baked Beans Green Beans	3 Pizza Dippers with Marinara Sauce Italian Hoagie  <b>FEATURED VEGGIES</b> Diced Tomatoes Roasted Zucchini
6 Chicken Nuggets with Buttered Noodles Turkey & Cheese Hoagie  <b>FEATURED VEGGIES</b> Oven Fries Red Pepper Strips	7 Chicken Tacos Taco Salad  <b>FEATURED VEGGIES</b> Green Beans Caesar Salad	8 Corn Dog Fresh Garden Salad (V)  <b>FEATURED VEGGIES</b> Mashed Potatoes Green Pepper Strips	9 Toasted Cheese Sandwich (V) American Hoagie  <b>FEATURED VEGGIES</b> Tomato Soup Corn Salad	10 Cheese Pizza (V) Turkey Sausage Pizza  <b>FEATURED VEGGIES</b> Roasted Potatoes Bean Salad
	14 No School	15 Southwest Chicken & Rice Bowl Turkey & Cheese Sandwich  <b>FEATURED VEGGIES</b> Steamed Broccoli Carrot Sticks	16 Hot Turkey Ham & Cheese on a Pretzel Roll American Hoagie  <b>FEATURED VEGGIES</b> Baked Beans Carrot & Raisin Salad	17 Pizza (V) Italian Hoagie  <b>FEATURED VEGGIES</b> Green Pepper Strips Garden Side Salad
20 Toasted Cheese Sandwich (V) Mozzarella Sticks with Marinara Sauce  <b>FEATURED VEGGIES</b> Green Pepper Strips Tater Tots	21 Beef Soft Tacos Taco Salad  <b>FEATURED VEGGIES</b> Rice & Beans Lettuce & Tomato	22 Pasta & Meatballs Fresh Garden Salad  <b>FEATURED VEGGIES</b> Glazed Carrots Broccoli Salad	23 Chicken Tenders with Goldfish American Hoagie  <b>FEATURED VEGGIES</b> Curly Fries Green Beans	24 Pizza (V) Italian Hoagie  <b>FEATURED VEGGIES</b> Diced Tomatoes Roasted Zucchini
27 Classic Sloppy Joe on a Bun Turkey & Cheese Hoagie  <b>FEATURED VEGGIES</b> Oven Fries Green Pepper Strips	28 Cheese Quesadilla Taco Salad  <b>FEATURED VEGGIES</b> Mexicali Corn Tomato & Onion Salad	29 Chicken Alfredo over Pasta with Breadsticks Fresh Garden Salad  <b>FEATURED VEGGIES</b> Steamed Broccoli Ranchero Carrots	30 Cheeseburger on a Bun American Hoagie  <b>FEATURED VEGGIES</b> Tator Tots Celery Sticks with Ranch	31 Max Sticks with Marinara Sauce Italian Hoagie  <b>FEATURED VEGGIES</b> Cherry Tomatoes Cucumber Slices

### What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

### Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

### Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

### Choice of Milk

1% White, FF Chocolate, FF Strawberry, Lactaid

### Daily Alternates

Fresh Entree Salad of the Week  
Weekly Cold Cut Sandwiches & Wraps  
Sun Butter & Jelly Sandwich

October 1<sup>st</sup>- National Vegetarian Day

October 13<sup>th</sup>-17<sup>th</sup> - National School Lunch Week

October 16<sup>th</sup>- World Food Day

October 20<sup>th</sup> – National Mozzarella Stick Day

### V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

### Café Contact:

Cristine McAllister, Food Service Director  
609-383-6900 ext. 4039  
ma1594@metzcorp.com

### Meal Prices

Student Lunch Free  
Faculty Lunch \$5.00



**NUTRI-SERVE**  
FOOD MANAGEMENT, INC. by Metz