






October 2022 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
10/3 Personal Pizza Or Personal Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	10/4 Baked Crispy Fish Roasted Potato Wedges Homemade Slaw Chilled Fruit Cup	10/5 <p style="text-align: center;"><u>Yom Kippur</u> <u>No School</u></p>	10/6 Hamburger or Cheeseburger Lettuce & Tomato Oven fried Potatoes Chilled Fruit Cup	10/7 Sausage, Egg & Cheese Croissant or Egg & Cheese Croissant Hash Brown Potatoes Vegetable Sticks Chilled Fruit Cup
10/10 <p style="text-align: center;"><u>Columbus Day</u> <u>No School</u></p>	10/11 Stuffed Crust Cheese Pizza Or Stuffed Crust Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	10/12 Early Dismissal VRHS only Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Tossed Salad w/ Croutons Chilled Fruit Cup	10/13 BBQ Chicken Breast Sandwich Coleslaw Sweet Potato Fries Chilled Fruit Cup	10/14 Fluffy Pancakes Blueberry Topping Sausage Links Chilled Fruit Cup
10/17 Personal Pizza Or Personal Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	10/18 Beef & Bean Nachos Salsa & Sour Cream Roasted Corn Chilled Fruit Cup	10/19 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Tossed Salad w/ Croutons Chilled Fruit Cup	10/20 Hamburger or Cheeseburger Lettuce & Tomato Oven fried Potatoes Chilled Fruit Cup	10/21 Toasted Cheese Sandwich or Toasted Ham & Cheese Sandwich Tomato Soup Baby Carrots Chilled Fruit Cup
10/24 Stuffed Crust Cheese Pizza Or Stuffed Crust Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	10/25 Chicken Quesadilla Black Bean Rice Salsa & Sour Cream Chilled Fruit Cup	10/26 Early Dismissal All Schools French Toast Sticks Maple Syrup Sausage Links Chilled Fruit Cup	10/27 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Tossed Salad w/ Croutons Chilled Fruit Cup	10/28 Crispy Chicken Pattie Sandwich Lettuce & Tomato Potatoes Wedges Chilled Fruit Cup
10/31 Personal Pizza Or Personal Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup		<p style="text-align: center;">Our Schools are offering FREE Breakfast and FREE Lunch to all students. Any second meals or a la carte items will be charged to the students account</p>		

School breakfast and lunch will be free for all students at Chester, Deep River and Essex Elementary Schools and Region 4 Schools.

This benefit applies to all in-school students regardless of their meal status.

Fat-Free Chocolate & 1% Low-Fat Available Daily with Breakfast or \$0.50 a la carte.

Our menus follow dietary guidelines for reduced fat, salt and sugar while increasing whole grains, fruits and vegetables.

As part of a balanced breakfast, Fruit or Fruit Juice and Fat Free or Low-Fat Milk are offered daily. All Bread items are Whole Wheat.

Menu Subject to change without advance notice.

For suggestions and questions about School Lunch Program please call 860-526-9546 ext. 1420