

# NEWTON COMMUNITY SCHOOLS

## Lunch Menu



# OCTOBER 2021

Milk Served with all Meals

Monday	Tuesday	Wednesday	Thursday	Friday
4 Breakfast *Pizza Baked Wedges Dragon Punch Juice Mixed Fruit	5 *Beefburgers Sweet Potato Crisscut Fresh Broccoli-Dip Orange Slices	6 Chicken Queso *Nachos Steamed Corn Mixed Salad Strawberry Applesauce *Churro	7 *Mini Corndogs Baked Beans Tri-Tater Banana M & M *Cookie	8 *Chicken Sandwich Baked Fries Baby Carrots Raisins
11 Mini *Waffles/Syrup Egg Omelet Tater Gems Mixed Berry Cups Star Cherry 100% Juice <b>OCTOBER 11-15</b>	12 Mandarin *Chicken Steamed *Rice Stir Fry Vegetables Orange Slices *Fortune Cookie <b>NATIONAL</b>	13 *Cheeseburger Onion Rings Broccoli-Dip Banana <b>SCHOOL</b>	<b>New Entrée</b> 14 Pizza *Quesadilla Spinach Salad Tomatoes Watermelon <b>LUNCH</b>	15 *Walking Tacos Steamed Corn Veggies-Hummus *Applecrisp <b>WEEK</b>
18 *French Toast/Syrup Baked Wedges 100% Mango Juice Strawberries Yogurt	19 Hot *Ham/Cheese Baked Chips Carrots/Broccoli Apple Slices	20 *Popcorn Chicken M. Potatoes Steamed Green Beans Mixed Fruit *Breadstick	21 *Hotdog Fresh Veggies Fresh Fruit Cherry *Muffin	22 <b>NO SCHOOL</b> <b>FRIDAY!!</b>
25 <b>NO SCHOOL</b> <b>HAPPY MONDAY!</b>	26 Baked *Spaghetti Mixed Romaine Salad with Tomatoes Pears *Garlic Bread	27 Turkey/Cheese on *Croissant (onion/lettuce) Baked *Doritos Black Bean Salsa Orange Slices	28 Mike's *Cheese Bites with Sauce Spinach Salad-Carrots Pineapple Melon Salad *Banana Muffin	29 Pepperoni *Pizza Spooky Greens Fresh Veggies Eek 100% Juice!



Free/Reduced Lunch Applications-may fill out for FEE waivers or P-EBT

One FREE Lunch Meal & One FREE Breakfast Meal-Enrolled Students

High School/WEST-100% Juice offered Daily with Lunch  
\*WG Item #Menu may change without notice

**Lunch (K-12) All Students Free**  
**1 Free Lunch Daily**  
**Adult Lunch-\$3.85**

### Daily Alternate Main Entree -(k-4)

Monday-Sunbutter/String Cheese

Tues-Turkey/Cheese \*Sandwich

Weds-Ham/Cheese \*Sandwich

Thursday-Turkey/Cheese \*Sandwich

Friday-Ham/Cheese \*Sandwich



**Breakfast (K-12) All Students Free**  
**1 Free Breakfast**  
**Adult Breakfast-\$1.75**

"This institution is an equal opportunity provider and employer"

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FS Supervisor