

# OCTOBER

## Stourbridge Primary Center Lunch Menu

Food Service Director: Ryne Spaulding  
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570-253-6083 Ext: 1



### What Makes a Meal?

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

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

\*Students must choose at least one fruit or vegetable



### Fresh Fruits and Vegetables Offered Daily

\*Vegetables may include:

Broccoli Florets  
Baby Carrots  
Cauliflower  
Celery Sticks  
Fresh Cucumber

\*May choose two 1/2 cup servings

\*Fruits may include:

Banana  
Apple  
Orange  
Apple Slices  
Grapes  
Pear  
Apple Sauce  
Diced Peaches  
Mixed Fruit  
Pineapple Tidbits  
Mandarin Oranges  
Strawberries

\*May choose one 1/2 cup serving



### Milk Choices Offered Daily

Fat Free Chocolate  
Fat Free White and Low Fat White

**MENUS SUBJECT TO CHANGE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
<b>3</b> <b>Pancakes and Sausage</b> Tater Tots Pear Low Fat Milk	<b>4</b> <b>Pepperoni Calzones</b> Steamed Corn Diced Peaches Low Fat Milk	<b>5</b> <b>Chicken Tenders</b> Steamed Carrots Apple Sauce Low Fat Milk	<b>6</b> <b>Corn Dog Nuggets</b> Mashed Potatoes Strawberries Low Fat Milk	<b>7</b> <b>Pizza Sticks</b> Mixed Vegetables Mixed Fruit Low Fat Milk  <b>12:30 Dismissal</b>	<b>Ham &amp; Cheese Sandwich</b>  <b>Turkey &amp; Cheese Sandwich</b>  <b>Chef Salad</b> Slice of Fresh Bread  <b>Fruited Yogurt</b> Crackers
<b>10</b> <b>Chicken Nuggets</b> Slice of Fresh Bread French Fries Apple Slices Low Fat Milk	<b>11</b> <b>Beef Nachos</b> Steamed Rice Steamed Broccoli Mandarin Oranges Low Fat Milk	<b>12</b> <b>Baked Rigatoni</b> Slice of Fresh Bread Steamed Green Peas Pineapple Tidbits Low Fat Milk	<b>13</b> <b>Hot Dog on a Bun</b> Steamed Green Beans Mandarin Oranges Low Fat Milk	<b>14</b> <b>Cheese Pizza</b> Oven Roasted Carrots Mixed Fruit Low Fat Milk	
<b>17</b> <b>French Toast Sticks and Sausage</b> Tater Tots Pear Low Fat Milk	<b>18</b> <b>Grilled Cheese Sandwich</b> Mixed Vegetables Diced Peaches Low Fat Milk	<b>19</b> <b>Meatloaf</b> Buttered Egg Noodles Mashed Potatoes Apple Sauce Low Fat Milk	<b>20</b> <b>Chicken Nuggets</b> Slice of Fresh Bread Steamed Corn Strawberries Low Fat Milk	<b>21</b> <b>Pizza Sticks</b> Dipping Sauce Steamed Carrots Mixed Fruit Low Fat Milk	
<b>24</b> <b>Corn Dog Nuggets</b> Steamed Broccoli Apple Slices Low Fat Milk <b>FREE RED RIBBON ICE CREAM</b>	<b>25</b> <b>Breaded Chicken Sandwich</b> Steamed Green Peas Mandarin Oranges Low Fat Milk	<b>26</b> <b>Breaded Chicken Parmesan with Pasta</b> Oven Roasted Carrots Pineapple Tidbits Low Fat Milk <b>12:30 Dismissal</b>	<b>27</b> <b>Waffles and Sausage</b> Tater Tots Mandarin Oranges Low Fat Milk	<b>28</b> <b>Cheese Pizza</b> Steamed Green Beans Mixed Fruit Low Fat Milk	
<b>31</b> <b>Chicken Tenders</b> Slice of Fresh Bread Mixed Vegetables Pear Low Fat Milk					The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

**Lunch Prices:**  
Paid \$2.60  
Reduced \$.40