



# Elementary School Menu October 2022

**3**  
Quesadilla  
Tuna Sandwich  
Ham/Turkey Chef Salad  
  
Black Beans  
Fresh Carrots

**4**  
Pizza Crunchers  
Corn Dogs  
Muffin Pack <sup>v</sup>  
Ham and Cheese  
Sandwich  
  
Fresh Broccoli  
Celery Sticks

**5**  
Pancakes with Chicken  
Sausage  
Tuna Sandwich  
Ham/Turkey Chef Salad  
  
Tater Tots  
Red Pepper Strips

**6**  
Sweet and Sour  
Chicken  
Yogurt Pack <sup>v</sup>  
Chicken Caesar Salad  
  
Steamed Broccoli  
Cucumber Coins

**7**  
Big Daddy's Pizza <sup>v</sup>  
Turkey and Cheese  
Wrap  
  
Romaine Side Salad  
Carrot Sticks

**10**  
**No  
School**

**11**  
Pasta and Meatballs  
Meatball Subs  
Muffin Pack <sup>v</sup>  
Ham and Cheese  
Sandwich  
  
Green Beans  
Grape Tomatoes

**12**  
Pancakes with Chicken  
Sausage  
Tuna Sandwich  
Ham/Turkey Chef Salad  
  
Tater Tots  
Red Pepper Strips

**13**  
Hot Dogs  
Cheeseburgers  
Yogurt Pack <sup>v</sup>  
Chicken Caesar Salad  
  
Baked Beans  
Celery Sticks

**14**  
Big Daddy's Pizza <sup>v</sup>  
Turkey and Cheese  
Wrap  
  
Romaine Side Salad  
Carrot Sticks

**17**  
Chicken Patty  
Ham Fun Pack  
Pepperoni and Cheese  
Salad  
Turkey and Cheese  
Sandwich  
  
Green Beans  
Fresh Broccoli

**18**  
Tacos  
Corn Dog  
Muffin Pack <sup>v</sup>  
Ham and Cheese  
Sandwich  
  
Black Beans  
Cucumber Coins

**19**  
**RELEASE  
DAY!!**  
Hot Dogs  
Tuna Sandwich  
Ham/Turkey Chef  
Salad  
  
Celery Sticks  
Grape Tomatoes

**20**  
Pancakes with Chicken  
Sausage  
Tuna Sandwich  
Ham/Turkey Chef Salad  
  
Tater Tots  
Red Pepper Strips

**21**  
Big Daddy's Pizza <sup>v</sup>  
Turkey and Cheese  
Wrap  
  
Romaine Side Salad  
Carrot Sticks

**24**  
Chicken Nuggets & Fresh  
Roll  
Ham Fun Pack  
Pepperoni and Cheese  
Salad  
Turkey and Cheese  
Sandwich  
  
Steamed Carrots  
Cucumber Coins

**25**  
Nachos  
Veggie Burger <sup>v</sup>  
Muffin Pack <sup>v</sup>  
Ham and Cheese  
Sandwich  
  
Black Beans  
Celery Sticks

**26**  
Pancakes with Chicken  
Sausage  
Tuna Sandwich  
Ham/Turkey Chef Salad  
  
Tater Tots  
Red Pepper Strips

**27**  
Steak and Cheese Sub  
Quesadillas  
Yogurt Pack <sup>v</sup>  
Chicken Caesar Salad  
  
Broccoli  
French Fries

**28**  
Big Daddy's Pizza <sup>v</sup>  
Turkey and Cheese  
Wrap  
  
Romaine Side Salad  
Carrot Sticks

**30**  
Popcorn Chicken &  
Fresh Roll  
Ham Fun Pack  
Pepperoni and  
Cheese Salad  
Turkey and Cheese  
Sandwich  
  
Baked Beans  
Grape Tomatoes

**31**  
MYO Pizza Bagel <sup>v</sup>  
Fish Bites  
Muffin Pack <sup>v</sup>  
Ham and Cheese  
Sandwich  
  
Broccoli  
Cucumber Coins

*Fresh Fruits and  
Vegetables  
Available Daily*

## Served Daily:

Sunbutter Sandwich with or without Jelly <sup>v</sup>

**Vegetarian** <sup>v</sup>

All Meals include Entrée, Fruit, Vegetable and Milk

## Marlborough Public Schools

**Breakfast and Lunch available to all at no cost!**

Food Service Director – Pamela Whelan

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