

OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Walter B Howard Elementary

Free Meals for all!!

This Intuition is an Equal Opportunity Provider and Employer

Served with every meal, choice of:

FF Chocolate Milk & 1% White Milk
Must take a fruit and/or vegetable with each meal.

Sandwich for the week:

Oct.02-06, Ham & Cheese
Oct.09-13, Asst. Wraps
Oct.16-20, Bologna & Cheese
Oct.23 - 27, Mixed Sub (L, T)
Oct.30-Nov.09 Turkey & Cheese

Daily:

PBJ
& veggie

Mon., & Wed.: Garden Salad & Club Pack

Wednesday: Chicken pattie on a bun

Tuesday & Thursday: Tiger pack

Chilled

FF Choc. .55

1% White .55

PLEASE NOTE: THERE IS NO CHARGING OF ANY ALACARTE ITEMS.

Use

myschoolbucks.com

To add money to students acct.

Any questions Contact Pat Metzler

518-794-7600 ,opt. 2, opt. 7

Pmetzler@newlebanoncsd.org

2 **Breakfast**
Warm Muffin & Cheese Stick, Fruit & Juice
LUNCH
Taco Nachos
Black Bean/Tomato Salad
Fruit

3 **Breakfast**
Bagels w/CC
Fruit & Juice
LUNCH
Hot Dog on a Bun
French Fries
Fruit

4 **Breakfast**
Hot Breakfast
Fruit & Juice
LUNCH
Fish Sticks
Mac N Cheese
Fruit

5 **Breakfast**
Bagels w/CC
Fruit & Juice
LUNCH
Asian Ground Beef Noodles
Cooked Carrots
Fruit

6 **Breakfast**
Pop tart w/cheese stks.
Fruit/Juice
LUNCH
Cheese Pizza
Steamed Broccoli
Fruit

9
No School

10 **Breakfast**
Bagels w/CC
Fruit & Juice
LUNCH
Pepperoni Quesadilla
Cooked Carrots
Fruit

11 **Breakfast**
Hot Breakfast
Fruit & Juice
LUNCH
Taco Wrap
Mexican rice
Seasoned Black Beans
Fruit

12 **Breakfast**
Bagels w/CC
Fruit & Juice
LUNCH
Spaghetti w/meat sauce
Tossed Salad
Fruit

13 **Breakfast**
Pop tart w/cheese stks
Fruit/Juice
LUNCH
Cheese Pizza
Steamed Broccoli
Fruit

16 **Breakfast**
Warm Muffin & Cheese Stick, Fruit & Juice
LUNCH
Chicken & Gravy over Brown Rice & Green Beans
Fruit

17 **Breakfast**
Bagels w/CC
Fruit & Juice
LUNCH
Chili w/roll
Seasoned Black Beans
Fruit

18 **Breakfast**
Hot Breakfast
Fruit & Juice
LUNCH
Pizza bites
Cooked Carrots
Fruit

19 **Breakfast**
Bagels w/CC
Fruit & Juice
LUNCH
Spaghetti w/meatballs
Tossed Spinach Salad
Fruit

20
Teachers Conference
No Classes

23 **Breakfast**
Warm Muffin & Cheese Stick, Fruit & Juice
LUNCH
Warm Ham & Cheese on a bun
Green Beans
Fruit

24 **Breakfast**
Bagels w/CC
Fruit & Juice
LUNCH
Buffalo/BBQ Chicken Wrap
Sweet Corn
Fruit

25 **Breakfast**
Hot Breakfast
Fruit & Juice
LUNCH
Chicken Riggies
Roasted Chickpeas
Fruit

26 **Breakfast**
Bagels w/CC
Fruit & Juice
LUNCH
Cheese Pizza
Spinach Salad
Fruit

27
Breakfast
Pop Tart w/ cheese stk

GRAB N GO LUNCH
Early dismissal

30 **Breakfast**
Warm Muffin & Cheese Stick, Fruit & Juice
LUNCH
Chicken Parm.w/spaghetti
Sweet Corn
Fruit

31 **Breakfast**
Donuts Monsters
Fruit
LUNCH
Goullash!!!
Dragon toes
Booberries