

# October 2020

*This institution is an equal opportunity provider.*

New Haven Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

			1	<b>Chicken Teriyaki Rice &amp; Beans</b> Broccoli 100% Fruit Juice Milk 1% -or- Milk Skim	2	<b>Cheese Pizza</b> Carrot Sticks Fresh Peach Milk 1% -or- Milk Skim			
5	<b>Pinwheel Calzone</b> Oven Potatoes Apple Slices Milk 1% -or- Milk Skim	6	<b>Cheeseburger -or- Hamburger</b> Broccoli Watermelon Milk 1% -or- Milk Skim	7	<b>Roasted Chicken WG Waffles</b> Mixed Fruit Cup Oven Sweet Potatoes Milk 1% -or- Milk Skim	8	<b>BBQ Beef Rib</b> Corn on the Cob Fresh Fruit Milk 1% -or- Milk Skim <b>Meal for Saturday</b> <b>BBQ Beef Rib</b> Mixed Vegetables Fresh Fruit Milk 1%	9	<b>Cheese Pizza</b> Romaine Salad Fresh Fruit Milk 1% -or- Milk Skim <b>Meal for Sunday</b> <b>Cheese Pizza</b> Carrot Sticks Mixed Vegetables Fresh Fruit Milk 1%
12	No School No Lunch	13	<b>Cheeseburger -or- Hamburger</b> Apple Slices Oven Potatoes Milk 1% -or- Milk Skim	14	<b>Roasted Chicken WG Waffles</b> Fresh Fruit Corn on the Cob Milk 1% -or- Milk Skim	15	<b>Chicken Teriyaki Rice &amp; Beans</b> Broccoli 100% Fruit Juice Milk 1% Milk Skim -or- <b>Meal for Saturday</b> <b>Meatball Sub</b> Mixed Vegetables Fresh Fruit Milk 1%	16	<b>Cheese Pizza</b> Romaine Salad Peach Cup Milk 1% -or- Milk Skim <b>Meal for Sunday</b> <b>Cheese Pizza</b> Carrot Sticks Fresh Fruit Milk 1%
19	<b>Cheeseburger -or- Hamburger</b> Oven Sweet Potatoes Apple Slices Milk 1% -or- Milk Skim	20	<b>Toasted Cheese Sandwich</b> Carrot Sticks 100% Fruit Juice Milk Skim -or- Milk 1%	21	<b>BBQ Pulled Turkey Sandwich</b> Corn on the Cob Watermelon Milk Skim -or- Milk 1%	22	<b>Stuffed Shells Garlic Bread</b> Green Beans Peach Cup Milk 1% -or- Milk Skim <b>Meal for Saturday</b> <b>Grilled Chicken Patty</b> Mixed Vegetables Fresh Fruit Milk 1%	23	<b>French Bread Pizza</b> Romaine Salad Fresh Apple Milk 1% -or- Milk Skim <b>Meal for Sunday</b> <b>Cheese Pizza</b> Carrot Sticks Milk 1% Fresh Fruit
26	<b>Hamburger -or- Cheeseburger</b> Oven Sweet Potatoes Fresh Fruit Milk 1% -or- Milk Skim	27	<b>Roasted Chicken WG Waffles</b> Corn Mixed Fruit Cup Milk 1% -or- Milk Skim	28	<b>Cheese Tortellini</b> Spaghetti Sauce <b>Garlic Bread</b> Watermelon Broccoli Milk Skim -or- Milk 1%	29	<b>Meatball Sub</b> Carrot Sticks Fresh Fruit Milk 1% -or- Milk Skim <b>Meal for Saturday</b> <b>Grilled Chicken Patty</b> Mixed Vegetables Milk 1% Fresh Fruit	30	<b>Cheese Pizza</b> Romaine Salad Peach Cup Milk 1% -or- Milk Skim <b>Meal for Sunday</b> <b>Cheese Pizza</b> Carrot Sticks Fresh Fruit Milk 1%