

## Child Nutrition Program - Elementary

### October 2020 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
28 Chicken Patty/Bun Corn Fresh Carrots Fresh Fruit	29 Cheeseburger/Bun Baked Beans Fresh Carrots Fresh Fruit Fresh Fruit	30 Fish Sticks/Dinner Roll Green Beans Fresh Carrots Fresh Carrots	October 1 Taco Salad Romaine Lettuce Fresh Carrots Tostito Chips Fresh Fruit	2 Chicken Quesadilla Fresh Carrots Fresh Celery Fresh Fruit
5 Chicken Tenders Dinner Roll Sweet Potatoes Fresh Carrots Fresh Fruit	6 Meatball Subs Corn Fresh Carrots Fresh Fruit	7 Fresh Fruit Hot Dogs / Bun Baked Beans Fresh Carrots Fresh Fruit	8 Taco Salad Romaine Lettuce Tostito Chips Fresh Carrots Fresh Fruit	9 Pizza Green Beans Fresh Carrots Fresh Fruit
12 Chicken Patty/Bun Green Beans Fresh Carrots Fresh Fruit	13 Cheeseburger/Bun Baked Beans Fresh Carrots Fresh Fruit Fresh Fruit	14 Fish Sticks Dinner Roll Corn Fresh Carrots Fresh Fruit	15 Toasted Cheese Sunshine Carrots Fresh Carrots Fresh Fruit	16 School Closed
19 Chicken Drumstick Dinner Roll Broccoli Fresh Carrots Fresh Fruit	20 Toasted Cheese Tomato Soup Fresh Carrots Fresh Fruit	21 Pancakes/Sausage Potato Wedges Fresh Carrots Fresh Fruit	22 Cheesesteak Sub Corn Fresh Carrots Fresh Fruit	23 Chicken Quesadilla Green Beans Fresh Carrots Fresh Fruit
26 School Closed	27 Meatball Sub Corn Fresh Carrots Fresh Fruit	28 Hot Dogs / Bun Baked Beans Fresh Carrots Fresh Fruit	29 Taco Salad Romaine Lettuce Tostito Chips Fresh Carrots Fresh Fruit	30 Pizza Green Beans Fresh Carrots Fresh Fruit

*Offered Daily: Milk: 1% White, NF Chocolate & Strawberry*  
Fresh Fruit & Vegetables may include: apples, oranges, bananas,  
seasonal fruits, carrots, celery, broccoli, cauliflower, tomatoes,  
side salads & seasonal veggies

### **Your School Serves "FREE" Breakfast and Lunch everyday!**

Research shows that students who participate in the school meal programs consume more milk, fruits, and vegetables during meal times and have better intake of certain nutrients, such as calcium and fiber, than nonparticipants.<sup>1</sup> And, eating breakfast at school is associated with better attendance rates, fewer missed school days, and better test scores.

Archdiocese of Baltimore Child Nutrition Program is an Equal Opportunity Provider  
9.17.2020

Menu Subject to Change Without

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