

OCTOBER 2009

Marblehead Public Schools (Elementary Schools)						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
skim and 1% milk offered daily pizza lunch includes side salad & fruit				1 Ham & Cheese Croissant Carrots Granny Smith Apple <i>HAM & CHEESE</i>	2 Cheese pizza - K-3 <i>TUNA</i>	3
New! Each month we'll highlight one student and one staff meal choice. Email your/your child's choice to hatala.tara@marbleheadschoos.org .						
4	5 Mac 'n Cheese with peas & carrots Side salad Apple <i>TURKEY</i>	6 Grilled chicken sandwich (Dinosaur BBQ sauce) Side salad Sweet potato fries <i>VEGETARIAN</i>	7 Grilled cheese sandwich Baked beans Carrots <i>ROAST BEEF</i>	8 All beef hot dog on wheat Vegetarian baked beans Side salad Apple <i>HAM & CHEESE</i>	9 STUDENT'S CHOICE Cheese pizza - K-3 Oatmeal cookie <i>TUNA</i>	10
11	12 Columbus Day SCHOOL CLOSED	13 Baked ziti with chicken and broccoli Wheat roll Apple <i>VEGETARIAN</i>	14 Meatball sub w/tomato sauce and mozz cheese Side salad Orange <i>ROAST BEEF</i>	15 Chicken patty on wheat Peas and corn Side salad Orange <i>HAM & CHEESE</i>	16 Cheese pizza - K-3 <i>TUNA</i>	17
18	19 American Chop Suey French bread Green beans Side salad <i>TURKEY</i>	20 Cheeseburgers/wheat roll Corn and peas Side salad Apple <i>VEGETARIAN</i>	21 Black bean & veggie Quesadilla Side salad Mixed fruit <i>ROAST BEEF</i>	22 BBQ Chicken Dippers Wheat roll Carrots Pineapple <i>HAM & CHEESE</i>	23 Cheese pizza - K-3 <i>TUNA</i>	24 United Nations Day
25	26 Pancakes with fresh apple compote Sausage links Baked potato puffs <i>TURKEY</i>	27 Spaghetti and meatballs Marinara sauce Salad Peach <i>VEGETARIAN</i>	28 Roasted Turkey Wheat roll Green beans Apple Crisp <i>ROAST BEEF</i>	29 Teryaki Chicken Dippers Oriental Vegetables Rice Pilaf Apple <i>HAM & CHEESE</i>	30 Cheese pizza - K-3 <i>TUNA</i>	31 Halloween

Daily lunch options:

Deli sandwich of the day, veggies, fruit

Peanut butter and jelly sandwich, cheese stick, veggies and fruit

Mini-chefs salad, fruit