

Farm to School
Featuring Local Peaches, Pears, Apples
Peppers and Tomatoes



Roderick School
October 2017

<p>2 Chicken Tenders Steamed Sweet Corn Sweet Potato/Whole Wheat Roll Fruit/Milk</p>	<p>3 Hamburger or Cheeseburger Sweet Potato Fries Cucumber Wheels Farm /Milk</p>	<p>4 Macaroni and Cheese Warm Jumbo Pretzel Steamed Veggies Chilled Fruit/Bean Salad Milk</p>	<p>5 Tacos Seasoned Hamburg Hard Taco Shells or Lettuce Wrap Cheese/Fruit/Bean Salad Lettuce, Tomato, Salsa, Milk</p>	<p>6 School Made Pizza Cheese Pizza or Pepperoni Garden Salad Fruit/Milk</p>
<p>9 No School Today Columbus Day!</p>	<p>10 No School Today Teacher Training</p>	<p>11 Breakfast Buffet Mini Pancakes Warm Ham Slices/Apple Sauce Veggie Juice Pancake Syrup/Milk</p>	<p>12 Mozzarella Sticks Plain Pasta Steamed Vegetables/Marina Sauce Broccoli Florets with dip Fruit/Milk</p>	<p>13 School Made Pizza Cheese or Pepperoni Green Salad Chilled Fruit/Milk</p>
<p>16 Chicken Tenders Steamed Vegetables/Wheat Roll Low Fat Chips/Chilled Fruit/Milk</p>	<p>17 Kayem Lite Hotdog Sweet Potato Fries Blueberries with topping Baked Beans/Milk</p>	<p>18 Tacos Seasoned Hamburg Hard Taco Shells or Lettuce Wraps Cheese/Fruit/Bean Salad Sautéed Pepper and Onions Salsa, Milk</p>	<p>19 Something New! Panini Sandwich Ham and Cheese Curly Fries/Cucumber Wheels Fruit/Milk</p>	<p>20 School Made Pizza Cheese or Buffalo Chicken Green Salad Chilled Fruits/Milk</p>
<p>23 Chicken Patty Sandwich Oven Fries/Steamed Vegetables Fruit/Milk</p>	<p>24 Macaroni and Cheese Warm Jumbo Pretzel Steamed Veggies Chilled Fruit/Bean Salad Milk</p>	<p>25 Buffalo Chicken Calzone Steamed Carrots Chilled Fruit/Milk Lucky Plate Day</p>	<p>26 Pasta and Meatsauce Or Plain Pasta Steamed Vegetables Fruit Crisp/Milk</p>	<p>27 School Made Pizza Cheese Pizza or Pepperoni Edamame Beans/Garden Salad Fruit/Milk</p>
<p>30 Hamburger or Cheeseburger Steamed Corn Sliced Tomato/Lettuce Low fat Chips Fruit/Milk</p>	<p>31 Soup and Sandwich Grilled Cheese on Whole Wheat and Chicken Noodle Soup Orange Smiles/Carrot Sticks/ Halloween Cookie/Milk </p>	<p>1 Nacho Plate Seasoned Hamburg/Baked Chips Lettuce, Tomato, Salsa Chilled Fruit Corn Bread/Milk</p>	<p>2 Panini Sandwich Ham and Cheese Curly Fries/Cucumber Wheels Fruit/Milk</p>	<p>3 School Made Pizza Cheese or Bacon Garden Salad Fruit/Milk</p>

Streamline your lunch payments. Go to Myschoolbucks.com and prepay for your child's lunch. All money stays with your child through 6th grade.

Work while your children are in school. The food service has substitute positions available.

Please contact Judy White at whitej@wrenthamschools.org or 508/699-1329

Lunch is \$2.50 which includes milk.

Daily choices are Pizza, Caesar Salad, Cereal, Bagel and Yogurt and Pizza Power Packs!