Oct. 15-19

Elementary Breakfast

Monday, Oct. 15: Breakfast burrito or bagel with toppings, apple slices, milk.

Tuesday, Oct. 16: Ham and cheese muffin or cereal choice with yogurt, chilled peaches, milk, juice.

Wednesday, Oct. 17: Breakfast on a stick or fruit muffin with string cheese, chilled pineapple, milk.

Thursday, Oct. 18: French toast sticks or bagel with toppings, banana, milk, juice.

Friday, Oct. 19: No school.

Elementary Lunch

Monday, Oct. 15: Soft shell taco, oven-baked fries, fruit and veggie bar, milk.

Tuesday, Oct. 16: Baked ziti with cheese, garlic bread, seasoned green beans, fruit and veggie

bar, milk.

Wednesday, Oct. 17: BBQ shredded pork, whole grain bun, corn on the cob, fruit and veggie bar, milk.

Thursday, Oct. 18: Oven-fried chicken, seasoned pasta, seasoned peas, fruit and veggie bar, milk.

Friday, Oct. 19: No school.

JR/SR High Breakfast

Everyday breakfast options: Breakfast burrito, breakfast bar with cheese stick, cereal choice with cheese stick or muffin/bagel of the day, milk, juice (Tuesday and Thursday only).

JR/SR High Lunch

Monday, Oct. 15: Meatballs in sauce, spaghetti pasta, seasoned corn, fruit and veggie bar, milk.

Tuesday, Oct. 16: Breaded chicken nuggets, seasoned pasta, seasoned beets, fruit and veggie

bar, milk.

Wednesday, Oct. 17: Toasted turkey and cheese on whole grain bread, seasoned green beans, fruit and veggie bar, milk.

Thursday, Oct. 18: Oven-fried chicken, mashed potatoes with gravy, whole wheat dinner roll, fruit and veggie bar, milk.

Friday, Oct. 19: No school.

Holyoke Enterprise October 11, 2012