

## **School menu**

Written by Holyoke Enterprise

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### **Oct. 22-26**

#### **Elementary Breakfast**

Monday, Oct. 22: Breakfast burrito or cereal choice with yogurt, fruit cocktail, milk.

Tuesday, Oct. 23: Pancake with syrup or bagel with toppings, peaches, milk, juice.

Wednesday, Oct. 24: Sausage gravy with biscuit or fruit muffin with yogurt, pears, milk.

Thursday, Oct. 25: Breakfast burrito or cereal choice with string cheese, mixed fruit, milk, juice.

Friday, Oct. 26: Sausage and cheese muffin or fruit muffin with yogurt, apricots, milk.

#### **Elementary Lunch**

Monday, Oct. 22: Hamburger on whole grain bun, potato, fruit and veggie bar, milk.

Tuesday, Oct. 23: Breaded chicken nuggets, whole wheat dinner roll, seasoned green beans, fruit and veggie bar, milk.

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Wednesday, Oct. 24: Spaghetti and meatballs with sauce, steamed spinach, fruit and veggie bar, milk.

Thursday, Oct. 25: Diced chicken in gravy, mashed potatoes, whole wheat dinner roll, fruit and veggie bar, milk.

Friday, Oct. 26: Cheese pizza, mixed vegetables, fruit and veggie bar, milk.

### 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. 22: Hamburger on whole grain bun, potato smiles, fruit and veggie bar, milk.

Tuesday, Oct. 23: Breaded chicken nuggets, whole wheat dinner roll, seasoned green beans, fruit and veggie bar, milk.

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Wednesday, Oct. 24: Spaghetti and meatballs with sauce, steamed spinach, fruit and veggie bar, milk.

Thursday, Oct. 25: Diced chicken in gravy, mashed potatoes, whole wheat dinner roll, fruit and veggie bar, milk.

Friday, Oct. 26: Cheese pizza, mixed vegetables, fruit and veggie bar, milk.

Holyoke Enterprise October 18, 2012