








Elementary Breakfast Menu

October 2022

* Menu Subject to Change*

Monday	Tuesday	Wednesday	Thursday	Friday
3 Blueberry Bread Banana Bread Fresh Fruit Cinnamon Applesauce Applesauce Apple Juice Orange Juice	4 Breakfast Bar Fresh Fruit Cinnamon Applesauce Applesauce Apple Juice Orange Juice	5 No School Today	6 Chocolate Chip Muffin Banana Muffin Blueberry Muffin Apple Cinnamon Muffin Fresh Fruit Cinnamon Applesauce Applesauce Orange Juice Apple Juice	7 Cinnamon Bar Fresh Fruit Cinnamon Applesauce Applesauce Orange Juice Apple Juice 
10 Golden Pancake Fresh Fruit Cinnamon Applesauce Applesauce Orange Juice Apple Juice 	11 Blueberry Crumb Cake Fresh Fruit Cinnamon Applesauce Applesauce Orange Juice Apple Juice	12 Fruit & Yogurt Parfait Fresh Fruit Cinnamon Applesauce Applesauce Orange Juice Apple Juice	13 Cinnamon French Toast Triple Berry French Toast Fresh Fruit Cinnamon Applesauce Applesauce Orange Juice Apple Juice	14 No School Today 
17 Blueberry Mini Waffles Maple Mini Waffles Fresh Fruit Cinnamon Applesauce Applesauce Orange Juice Apple Juice	18 Chocolate Chip Muffin Flat Fresh Fruit Cinnamon Applesauce Applesauce Orange Juice Apple Juice	19 Mini Cinni Fresh Fruit Cinnamon Applesauce Applesauce Orange Juice Apple Juice 	20 Apple Cinnamon Oatmeal Round Chocolate Chip Oatmeal Round Fresh Fruit Cinnamon Applesauce Applesauce Orange Juice Apple Juice	21 Apple Frudel Cherry Frudel Fresh Fruit Cinnamon Applesauce Applesauce Orange Juice Apple Juice
24 No School Today 	25 No School Today 	26 Uncrustable Breakfast Sandwich Fresh Fruit Cinnamon Applesauce Applesauce Orange Juice Apple Juice	27 Chocolate Chip Muffin Banana Muffin Blueberry Muffin Apple Cinnamon Muffin Fresh Fruit Cinnamon Applesauce Applesauce Orange Juice Apple Juice	28 Cinnamon Bar Fresh Fruit Cinnamon Applesauce Applesauce Orange Juice Apple Juice
31 Golden Pancake Fresh Fruit Cinnamon Applesauce Applesauce Orange Juice Apple Juice 	Reminder: Have you completed meal benefit application this school year!? You must complete a meal benefit application for students to qualify for free and reduced meals during School Year 2022-2023. Students approved for meal benefits last year or who attended a CEP school last year were granted a 30 day carry over only until October 18, 2022. No application is needed for students enrolled in a CEP school (Carrcroft, Claymont, Harlan, Maple Lane, Mount Pleasant Elementary, ECAP, and P.S dupont). CEP sites will receive universal free meals for this school year. Visit this link to apply OR Learn more on how to apply here.			

Daily Breakfast Favorites

Cereal Variety, Assortment of Cereal Bar, Assorted Yogurt, Fresh Fruit, & Milk Variety

October 2022 Elementary Lunch Menu



* Menu Subject to
Change*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Toasted Cheese Sandwich Maxsticks w/ Marinara Sauce Tomato Soup Cinnamon Applesauce Applesauce</p>	<p>4 Chicken Nuggets w/ Dinner Roll Turkey Tacos w/lettuce, tomato, cheese & salsa California Vegetable Blend Fresh Fruit</p>	<p>5 No School Today</p>	<p>6 Breakfast for Lunch! Maple Waffles & Chicken Sausage Egg, Chicken Sausage & Cheese Sandwich Crispy Baked Tater Tots Orange Juice</p>	<p>7 Mandarin Orange Chicken w/ Brown Rice Sloppy Joe Sandwich Brilliant Broccoli Juicy Peaches</p>
<p>10 Stuffed Crust Pizza Chicken Parmesan Sandwich Steamed Carrots Dried Cranberries</p> <p></p>	<p>11 Popcorn Chicken Cheesy Lasagna Potato Smiles Chilled Pears</p>	<p>12 Crispy Chicken Drumstick w/ Biscuit Personal Cheese Pizza Brilliant Broccoli Fresh Fruit</p>	<p>13 Beef & Cheese Nachos Crispy Chicken Sandwich Spicy Chicken Sandwich Golden Corn Cinnamon Applesauce Applesauce</p>	<p>14 No School Today</p> <p>Teacher Work Day </p>
National School Lunch Week-----				
<p>17 Meatball Sandwich> Crispy Chicken Tenders Oven Baked Fries Juicy Peaches</p>	<p>18 Toasted Ravioli W/ Marinara BBQ Chicken Sandwich on a Club Roll Brilliant Broccoli Fruit Cocktail</p>	<p>19 Macaroni & Cheese Fish Nuggets w/ Dinner Roll Capri Vegetable Blend Fresh Fruit</p>	<p>20 Cheesy Bites w/ Marinara Chicken Tortilla Soup Cinnamon Applesauce Golden Corn Applesauce</p>	<p>21 Chicken Alfredo Cheesesteak Sandwich Steamed Carrots Fresh Fruit</p> <p></p>
<p>24 No School Today</p> <p></p>	<p>25 No School Today</p> <p></p>	<p>26 Spaghetti with Chicken Meatballs Beef Chili w/ Cornbread Steamed Carrots Chilled Pears</p>	<p>27 Breakfast for Lunch! Maple Waffles & Chicken Sausage Egg, Chicken Sausage & Cheese Sandwich Crispy Baked Tater Tots Orange Juice</p>	<p>28 Mandarin Orange Chicken w/ Brown Rice Sloppy Joe Sandwich Brilliant Broccoli Juicy Peaches</p>
<p>31 Stuffed Crust Pizza Chicken Parmesan Sandwich Steamed Carrots Chillin Bat Frozen Fruit Cup</p> <p></p>	<p>National School Lunch week will be celebrated October 10-14, 2022. The National School Lunch Program (NSLP) serves nearly 30 million children every school day. National School Lunch Week hopes to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom. The theme this year is Peace, Love and School Lunch. Join the groovy celebration in your school cafeteria!</p> <p>Reminder: Have you completed meal benefit application this school year?! You must complete a meal benefit application for students to qualify for free and reduced meals during School Year 2022-2023. Students approved for meal benefits last year or who attended a CEP school last year were granted a 30 day carry over only until October 18, 2022. No application is needed for students enrolled in a CEP school (Carrcroft, Claymont, Harlan, Maple Lane, Mount Pleasant Elementary, ECAP, and P.S dupont). CEP sites will receive universal free meals for this school year. Visit this link to apply OR Learn more on how to apply here.</p>			

Daily Lunch Favorites

Fresh Garden Salad, Turkey Chef Salad

Turkey & Cheese on Club Roll
Turkey Sandwich on Club Roll
Cheese Sandwich

Grab n' Go Apple, Cheese, & Grain Box
Vegan Burger

Danimals Vanilla Yogurt w/ Granola
Strawberry Banana Yogurt w/ Granola

Plain Hummus

Assorted Fresh Vegetables

Fresh Apples, Oranges, Bananas,
Grapes, and Pears

100% Apple Juice & Orange Juice

Fat Free Lactaid Milk, Fat Free White Milk, 1% Low-Fat Milk, Fat Free Strawberry Milk, Fat Free Chocolate Milk