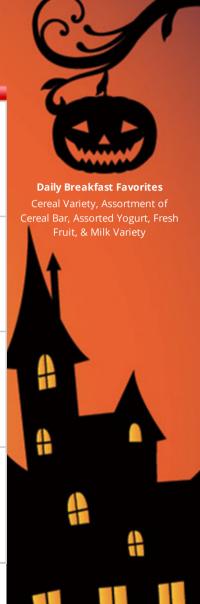
Elementary Breakfast Menu

		* Menu Subject to Chan	ge*	CLODE! ZUZZ	<u>4</u>
	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	Teacher Workday
17	Blueberry Mini Waffles Maple Mini Waffles Fresh Fruit Cinnamon Applesauce Applesauce Orange Juice Apple Juice	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 PARENT-TEACHER CONFERENCE	25 No School Today PARENT-TEACHER CONFERENCE	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	meal benefit applica 2023. Students app	ation for students to qualify for fre roved for meal benefits last year o	cation this school year!? You mu e and reducted meals during School r who attended a CEP school last y 2. No application is needed for stu	ol Year 2022- ear were



more on how to apply here.

in a CEP school (Carrcroft, Claymont, Harlan, Maple Lane, Mount Pleasant Elementary, ECAP, and P.S dupont). CEP sites will receive univeral free meals for this school year. Visit this link to apply OR Learn

October 2022 **ECAP & Harlan PreK Lunch Menu**

* Menu	Sub	ject to	
Character			

Monday	Tuesday	Wednesday	Thursday	Friday
3 Crispy Chicken Tenders Tomato Soup Cinnamon Applesauce Applesauce	4 Turkey Tacos w/lettuce, tomato, cheese & salsa California Vegetable Blend Fresh Fruit	5 No School Today	6 No School Today	7 Sloppy Joe Sandwich Brilliant Broccoli Juicy Peaches
Chicken Parmesan Sandwich Steamed Carrots Dried Cranberries Peace, Love 8 School National S	11 Popcorn Chicken Potato Smiles Chilled Pears School Lunch Week	12 Personal Cheese Pizza Brilliant Broccoli Fresh Fruit	13 Crispy Chicken Sandwich Golden Corn Cinnamon Applesauce Applesauce	Teacher Workday
₁₇ Crispy Chicken Tenders Oven Baked Fries Juicy Peaches	18 Toasted Ravioli W/ Marinara Brilliant Broccoli Fruit Cocktail	₁₉ Macaroni & Cheese Capri Vegetable Blend Fresh Fruit	20 Cheesy Bites w/ Marinara Golden Corn Cinnamon Applesauce Applesauce	21 Chicken Alfredo Steamed Carrots Fresh Fruit
PARENT-TEACHER CONFERENCE	PARENT-TEACHER CONFERENCE	₂₆ Spaghetti with Chicken Meatballs Steamed Carrots Chilled Pears	Breakfast for Lunch! Maple Waffles & Chicken Sausage Egg, Chicken Sausage & Cheese Sandwich Crispy Baked Tater Tots Orange Juice	Sloppy Joe Sandwich Brilliant Broccoli Juicy Peaches
₃₁ Crispy Chicken Tenders Tomato Soup	National School Lunch week will be celebrate	ed October 10-14, 2022. The Reminde	er: Have you completed meal benefit applicat	tion this school year!? You must complete a

₈₁ Crispy Chicken Tenders Tomato Soup Cinnamon Applesauce Applesauce

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!

Reminder: Have you completed meal benefit application this school year!? You must complete a meal benefit application for students to qualify for free and reducted 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 univeral free meals for this school year. Visit this link to apply OR

Learn more on how to apply here.

