








# 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 <b>No School Today</b>	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 <b>No School Today</b> 
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 <b>No School Today</b> 	25 <b>No School Today</b> 	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 	<b>Reminder: Have you completed meal benefit application this school year!?</b> 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. <a href="#">Visit this link to apply</a> OR <a href="#">Learn more on how to apply here.</a>			

### Daily Breakfast Favorites

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

# October 2022

## ECAP & Harlan PreK Lunch Menu



\* Menu Subject to Change\*

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 <b>No School Today</b>	6 <b>No School Today</b>	7 Sloppy Joe Sandwich Brilliant Broccoli Juicy Peaches
10 Chicken Parmesan Sandwich Steamed Carrots Dried Cranberries	11 Popcorn Chicken Potato Smiles Chilled Pears	12 Personal Cheese Pizza Brilliant Broccoli Fresh Fruit	13 Crispy Chicken Sandwich Golden Corn Cinnamon Applesauce Applesauce	14 <b>No School Today</b>
<div>  National School Lunch Week----- </div>				
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
24	25	26 Spaghetti with Chicken Meatballs Steamed Carrots Chilled Pears	27 Breakfast for Lunch! Maple Waffles & Chicken Sausage Egg, Chicken Sausage & Cheese Sandwich Crispy Baked Tater Tots Orange Juice	28 Sloppy Joe Sandwich Brilliant Broccoli Juicy Peaches
31 Crispy Chicken Tenders Tomato Soup Cinnamon Applesauce Applesauce	<div> <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><b>Reminder: Have you completed meal benefit application this school year?!</b> 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. <a href="#">Visit this link to apply</a> OR <a href="#">Learn more on how to apply here.</a></p> </div>			

