

Courtyard School Menu **OCTOBER 2022** -Food Supervisor-Mr. Lewis D'Ippolito

Lunches Provided by Big John's Pizza Queen, Vineland, NJ

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 9:00 am*	¾ oz. Cereal* ¾ Cup of Milk Banana	Waffles 1 oz. of Syrup ¾ Cup of Milk 4oz Juicy Juice	¾ oz. Cereal Banana ¾ Cup of Milk	½ Whole Wheat Bagel 1oz Cream Cheese ¾ Cup of Milk 4oz Juicy Juice	4 oz. Yogurt ¾ Cup of Milk or 4oz Juicy Juice Banana
Snack 3:00 pm	1.5 oz Goldfish Crackers 4 oz. Applesauce or 1/2 Cup of Milk	½ cup fresh fruit ½ Cup of Milk	Whole Wheat Crackers Cheddar Cheese Slices ½ Cup of Juice	4 oz. Applesauce 1 ½ oz. Chex Mix ½ Cup of Milk	½ cup fresh fruit ½ Cup of Milk

**Lunches:** Served 12:00 & with milk (¾ cup) and fresh fruit (apples, oranges, bananas) - **We use WHOLE GRAINS (WG)**

**OCTOBER 3** - WG Pasta with Alfredo Sauce (1/2 cup); Broccoli (1/4 cup)

4 – WG Steak Stromboli (1 ½ oz.); Veggie Sticks (1/4 cup)

5 - Chicken Patty ( 1 ½ oz.) on WG Bun; Corn (1/4 cup)

6 - Ham & Cheese (1 ½ oz) on WG Bread; Veggie Sticks (1/4) cup

7 - WG Chicken Nuggets (1 ½ oz); Buttered Carrots (1/4 cup)

10 – SCHOOL CLOSED

11 - Beef Hamburger (1 ½ oz.) on WG Bun; Salad (1/2 cup)

12 – Baked Chicken (1 ½ oz.); Parsley Potato (1/4 cup)

13 – WG Pasta (1/2 cup) with meat sauce (1 ½ oz.)

14 – Grilled Chicken with Gravy (1 ½ oz.) & Mashed potatoes (1/4 cup)

17 - \*Meatballs on WG bun (1 ½ oz.) ; Green Beans (1/4 cup)

18 – Grilled Ham & Cheese (1 ½ oz); Tator Tots (1/4) cup

19 – WG Cheese Pizza; Salad (1/2 Cup)

20 – BBQ Chicken (1 ½ oz.) Sandwich on Bun; Corn (1/4 cup)

21 – Turkey & Cheese (1 ½ oz.) on WG Bread; Veggie Sticks (1/4 cup)

24 – Chicken Quesadilla (1 ½ oz.) on WG Shell; Carrots (1/4 cup)

25 – WG Ham & Cheese (1 ½ oz.) Stromboli; Veggie Sticks (1/4 cup)

26 - Beef Hamburger (1 ½ oz.) on WG Bun; Fries (1/4 cup)

27 - WG French Toast Sticks ( 1 ½ oz); Sausage Patty (1 ½ oz.)

28 – Chicken Nuggets (1 ½ oz.); Broccoli (1/4 cup)

31 - Chicken Patty ( 1 ½ oz.) on WG Bun; Corn (1/4 cup)

**NOTES:**

Dressings for salad and veggie sticks either Italian or Ranch

½ Cup of fruit consists of a combination of two of the following fruits. Apples, Bananas and or Orange

\*This item contains pork products.

\*CEREALS SERVED: **CHERIOS, RICE KRISPIES, KIX, BRAN FLAKES, CORN FLAKES**