

Courtyard School Menu **OCTOBER 2024** -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 or French Toast 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 11:15 & with milk (¾ cup) and fresh fruit (apples, oranges, bananas) (1/2 cup of 2 of the fruit options )

**OCTOBER 1** - \*Meatballs on WG bun (1.5 oz.) ; Veggie Sticks (1/4 cup)

2 - WG French Toast 1.5 oz., \*Sausage Patty 1.5 oz.

3 - WG Cheese Pizza (1.5 oz cheese); Salad (1/2 Cup)

4 - Ham & Cheese (1.5 oz) on WG Bread; Tator tots (1/4) cup

7 – Egg (1.5 oz) on WG muffin; Tator tots (2 oz.)

8 – Pasta with Meat Sauce (1.5 oz.); Salad (1/4 cup)

9 – Beef cheeseburger (1.5 oz.) on WG Bun; Tator tots (1/4 cup)

10 – Chicken Patty ( 1.5 oz.) on WG Bun; Salad (1/2 cup)

11 – Chicken with Gravy (1.5 oz.) & Mashed potatoes (1/4 cup); 1/2 slice WG bread

14 – SCHOOL CLOSED

15 – Baked Chicken (1.5 oz.); Spanish Rice (1/4 cup); ½ slice WG bread

16 – Chicken (1.5 oz.) Alfredo w WG Pasta (1 cup); Salad (1/2 cup)

17 – WG Chicken (1.5 oz) stromboli.; Tator tots ¼ cup

18 – Turkey & Cheese (1.5 oz.) on WG Bread; Veggie Sticks (1/4 cup)

21 – \*Meatballs on WG bun (1.5 oz.) ; Salad (1/2 cup)

22 – WG Cheese Pizza (1.5 oz cheese); Salad (1/2 Cup)

23 – Chicken nuggets (1.5 oz.); Carrots (1/4 cup); ½ slice WG bread

24 – WG French Toast 1.5 oz., \*Sausage Patty 1.5 oz.

25 - Grilled Cheese (1.5 oz.) on WG Bread; French Fries (1/4 cup)

28 – Beef cheeseburger (1.5 oz.) on WG Bun; Veggie sticks (1/4 cup)

29 – Chicken Patty ( 1.5 oz.) on WG Bun; Tator tots (1/4 cup)

30 – Pasta with Meat Sauce (1.5 oz.); Salad (1/4 cup)

31 - WG Steak (1.5 oz.) stromboli ; French fries

Nov 1 - Egg (1.5 oz) on WG muffin; Tator tots (2 oz.)



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**NOTES:** Dressings for salad and veggie sticks either Italian or Ranch

\*VARIETY OF CEREALS SERVED: **CHEERIOS, RICE KRISPIES, KIX, BRAN FLAKES, CORN FLAKES**

\*This item may contain pork products.

We use **WHOLE GRAINS (WG)**