




October 2019 St. James



Monday	Tuesday	Wednesday	Thursday	Friday
Milk is available with all lunches Daily Milk Choices: 1%, Skim, Fat Free Flavored	No School ¹	Soft Breadsticks with Meatsauce Spinach Salad Choice of fruit ²	Popcorn Chicken Mashed Potato with Gravy Carrots Choice of Fruit ³	Pizza Round <i>Cheese or Pepperoni</i> Crispy Roasted Chickpeas Choice of Fruit ⁴
Daily Alternates: Tuna Sandwich, Bagel Plate, Pretzel & Cheese Sauce				
Chicken & Waffles Potato Puffs Choice of Fruit ⁷	Pasta & Meatballs Garden Salad Choice of Fruit ⁸	Chicken Nuggets Rice Broccoli and Cheese Sauce Choice of Fruit ⁹	Hamburger, Cheeseburger or Veggie Burger Baked Beans Choice of Fruit ¹⁰	Pizza Wedge <i>Cheese or Buffalo Chicken</i> Carrots Choice of Fruit ¹¹
Daily Alternates: Ham & Cheese Sandwich, Bagel Plate, Pretzel & Cheese Sauce				
No School ¹⁴ 	Hot Dog on Roll Baked Beans Oven Fries Choice of Fruit ¹⁵	Teriyaki Chicken Rice Broccoli Choice of Fruit ¹⁶	Nacho Supreme with Toppings Mexican Black Beans Choice of Fruit ¹⁷	Pizza Round <i>Cheese or Pepperoni</i> Roasted Parmesan Green Beans Choice of Fruit ¹⁸
Daily Alternates: Turkey Sandwich, Bagel Plate, Pretzel & Cheese Sauce				
Corn Dog Nuggets Oven Roasted Fries Carrots Choice of Fruit ²¹	Breaded Cheese Bites Marinara Sauce Pasta Broccoli Choice of Fruit ²²	1/2 Day No Lunch Served ²³	1/2 Day No Lunch Served ²⁴	1/2 Day No Lunch Served ²⁵
Daily Alternates: Tuna Sandwich, Bagel Plate, Pretzel & Cheese Sauce				
Chicken Patty on a Whole Wheat Roll Green Beans Choice of Fruit ²⁸	Soft Bread Sticks Meat Sauce Spinach Salad Choice of Fruit ²⁹	Toasted Cheese Sandwich Tomato Soup Sweet Potato Fries Choice of Fruit ³⁰	Popcorn Chicken Mashed Potato with Gravy Carrots Choice of Fruit ³¹	Milk is available with all lunches Daily Milk Choices: 1%, Skim, Fat Free Flavored
Daily Alternates: Ham & Cheese Sandwich, Bagel Plate, Pretzel & Cheese Sauce				

This Institution is an equal opportunity provider.

Menu subject to change

Please log onto www.ezschoollpay.com to monitor your child's account or call 860-647-3462

Grades K-6: \$2.45 - Grades 7-8: \$2.70
Reduced Lunch Price: \$.40
Adult Lunch Price: \$3.75
Milk Only: \$.40

