



School lunch menu for Fall 2022 (August 23rd – December)

Please fill out the form with your child/children's name, grade and day

Week 1 and 3

Monday -- Baked Ziti, vegetables, & fruit. Choice of chocolate or regular milk

Tuesday --Rice & Refried Bean Burrito, vegetables & fruit. Choice of chocolate or regular milk

Wednesday-- Veggie Burger, mash, vegetables & fruit. Choice of chocolate or regular milk

Thursday -- Potato Knishes with chickpeas & fruit. Choice of chocolate or regular milk

Friday -- Pizza, vegetables, & fruit. Choice of chocolate or regular milk

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Week 2 and 4

Monday – Mac and Cheese, vegetables, & fruit. Choice of chocolate or regular milk

Tuesday – Egg salad sandwich, vegetables, & fruit. Choice of chocolate or regular milk

Wednesday – Quesadillas, vegetables, & fruit. Choice of chocolate or regular milk

Thursday –Fish Stix, Rice, & fruit. Choice of chocolate or regular milk

Friday -- Pizza, vegetables, & fruit. Choice of chocolate or regular milk

Please circle the day and week and return to school office

Students Name and Grade _____

Week 1 - Monday Tuesday Wednesday Thursday Friday

Week 2 – Monday Tuesday Wednesday Thursday Friday

Parents Name _____

Telephone # _____ email _____

