



OCTOBER 2009

Breakfast for Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

ACE'S ACTIVE ADVENTURES will feature Ace participating in healthy activities to show the importance of good nutrition and exercise.

NATIONAL SCHOOL LUNCH WEEK
October 12-16

1 Pretzel Nuggets w/Ch.
BBQ Pork Ribette**
Turkey/Ch. Sandwich
Green Beans
Pineapple Chunks

2 Tony's Pepperoni Pizza**
Beef Quesadilla
Carrot Coins
Mixed Fruit

Cold Food Bar transforms into a SALAD BAR (no Chef Salad available this week)

5 Bd. Chicken Nuggets
Sloppy Joe Melt
Ham & Ch. Sandwich**
Garden Peas
Pears

6 Soft Beef Tacos
Turkey Dog on Bun
Bologna & Ch. Sand.
Refried Beans
Mixed Fruit

7 Baked Mac & Ch.
w/Texas Toast
Hamburger on Bun
Mini Sub Sandwich**
Tossed Salad/Dressing
Applesauce

8 English Muffin w/Egg & Ch.
Italian Meatball Sub
Turkey/Ch. Sandwich
Tater Tots
Peaches

9 Tony's Pepperoni Pizza**
Brd. Chicken Sandwich
Green Beans
Mixed Fruit

ACE'S "ACTIVE ADVENTURES" begins this week with LUCKY TRAY DAY EVERYDAY....BEGIN YOUR ADVENTURE!

12 COLUMBUS DAY
No Classes for Students

13 Pancakes w/Syrup & Turkey Links
Cheeseburger on Bun
Bologna & Ch. Sandwich
Tater Tots
Peaches

14 Beef Nachos
Turkey Corn Dog
Mini Sub Sandwich**
Golden Corn
Applesauce

15 Spaghetti & Meat Sauce
Toasted Ch. Sandwich
Turkey/Ch. Sandwich
Tossed Salad/Dressing
Pears

16 Tony's Pepperoni Pizza**
Chicken Quesadilla
Garden Peas
Mixed Fruit

Cold Food Bar transforms into a SALAD BAR (no Chef Salad available this week)

19 TACO BREAKFAST
Italian Meatball Sub
Ham & Ch. Sandwich
Green Beans
Applesauce

20 TOP IT TUESDAY
Brd. Chicken Sandwich
Bologna & Ch. Sand.
Golden Corn
Mixed Fruit

21 BREAKFAST BURRITO
Caribbean Sloppy Joe
Mini Sub Sandwich**
Tater Tots
Peaches

22 PANINI PANCAKE W/ EGG, CHEDDAR & HAM
Hamburger on Bun
Turkey/Ch. Sandwich
Tossed Salad/Dressing
Pears

23 BACON, EGG & CH. QUESADILLA
Tony's Pepperoni Pizza**
Turkey Dog on Bun
Carrot Coins
Mixed Fruit

26 Fr. Toast Sticks & Syrup w/Turkey Pattie
Cheeseburger on Bun
Ham & Ch. Sandwich**
Tater Tots
Pineapple Chunks

27 Beef Nachos
Turkey Corn Dog
Bologna & Ch. Sandwich
Golden Corn
Pears

28 Chicken & Noodles w/Biscuit
Toasted Ch. Sandwich
Mini Sub Sandwich**
Tossed Salad/Dressing
Applesauce

29 Pretzel Nuggets w/Ch.
BBQ Pork Sandwich**
Turkey/Ch. Sandwich
Garden Peas
Peaches

30 Tony's Pepperoni Pizza**
Chicken Quesadilla
Green Beans
Mixed Fruit
Halloween Cookie

Cold Food Bar transforms into a SALAD BAR (no Chef Salad available this week)

We offer several entrees daily!

Choose from one of the three featured selections or Chef Salad or Tony's Cheese Pizza. Then add at least one Vegetable/Fruit (featured on menu or found on the Cold Food Bar) or Milk. Milk offered includes 1% White, Skim or 1% Chocolate. Milk is included with lunch. Milk ala carte \$.50

Cold Food Bar Includes:
Whole Baby Carrots
Celery Sticks
Variety Vegetable
Whole Apple
Whole Banana
Orange Smiles
Variety Can Fruit
Bread Basket

**Pork Product marked with an asterisk.

LUNCH PRICES:
Full Meal \$2.40
Reduced Meal \$.40
Student Entrée Only \$2.40
Adult Meal \$2.90
Adult Entrée Only \$2.90
Chef Salad Only \$2.40

Call the Food Service Office with any questions or concerns:
Debbie Mele
708-583-6257 or
Susan Walsh
708-583-5463



ELMWOOD ELEMENTARY SCHOOL ONE WORLD CAFE



District 401 Meal Guidelines:

Students need to maintain a positive account balance. Cash or checks made payable to Elmwood Park School District 401 are accepted. Notification of student account balances are sent home with the students when their accounts are at \$5.00 or less. Students who forget to bring lunch & do not have money on their account will be offered ONLY a sunbutter sandwich, vegetable of the day, fruit cup and milk for 6 breakfast/lunch meals maximum. Their account will be charged for a meal each time.

Menus are subject to change without notice.

