

Welcome to our Lunch Cafe at...

Lexington Estabrook Elementary

October 2018

MEATLESS MONDAY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 1 - Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i></p> <p>2 - Bean & Veggie Burrito</p> <p>All With Fresh Orange And Black Beans</p>	<p>2 1 - Pasta & Broccoli with Garlic & Oil <i>al dente pasta with broccoli sauteed in garlic and olive oil</i></p> <p>2 - Stuffed Bread Sticks</p> <p>All With Sugar Snap Peas And Pear and Pineapple Cup</p>	<p>3 1 - Whole Grain French Toast Slices </p> <p>With Crispy Sausage Links </p> <p>2 - Strawberry Banana Smoothie </p> <p>All With Red Pepper Strips And Fresh Grapes</p>	<p>Half Day No Lunch</p>	<p>5 1 - Crispy Popcorn Chicken</p> <p>2 - Italian Sausage Flatbread </p> <p>All With Oven Baked Fries And Cinnamon Applesauce And Cucumber Coins</p>
<p>NO SCHOOL HOLIDAY</p>	<p>9 1 - Pizza Bites <i>bite size pizza pockets</i> </p> <p>2 - American Beauty </p> <p>All With Sweet Potato Puffs And Chickpea Salad And Fresh Banana</p>	<p>10 1 - Tangerine Chicken Noodle Bowl <i>baked chicken in a tangerine sauce mixed with vegetables and served over noodles</i> </p> <p>2 - Meatball Hero </p> <p>All With Fresh Orange And Grape Tomatoes</p>	<p>Half Day No Lunch</p>	<p>12 1 - Cheese Pizza </p> <p>2 - Hawaiian Pizza </p> <p>All With Steamed Broccoli And Honeydew and Cantaloupe Cup</p>
<p>15 1 - Chicken and Waffles <i>crispy chicken tenders on top of fluffy waffles</i></p> <p>2 - Roasted Vegetable Panini </p> <p>All With Strawberry Cup And Side Garden Salad</p>	<p>16 1 - Homemade Mac & Cheese <i>pasta in cheese sauce, garnished with parsley</i> </p> <p>2 - Grilled Chicken and Cranberry Salad </p> <p>All With Fresh Banana And Steamed Peas</p>	<p>17 1 - Mozzarella stick with french fries </p> <p><i>Mozzarella stick with french fries</i></p> <p>2 - Turkey & Cheese Sandwich All With Fresh Apple And Raisins</p>	<p>Half Day No Lunch</p>	<p>19 1 - Beef Hot Dog on Bun <i>juicy beef hot dog on a soft bun</i></p> <p>2 - Cheeseburger Or Veggie Burger </p> <p>All With Pear and Pineapple Cup And Red Pepper Strips</p>
<p>22 1 - Chicken Nuggets</p> <p>2 - Romaine & Chickpea Salad with 2 Dinner Rolls </p> <p>All With Sweet Potato Fries And Pineapple Cup And Cucumber Coins</p>	<p>23 1 - Pasta & Meatballs </p> <p>2 - Chicken Caesar Wrap </p> <p>All With Cheesy Garlic Bread And Steamed Carrots And Fresh Apple</p>	<p>Early Release No Lunch</p>	<p>Half Day No Lunch</p>	<p>26 1 - Cheese Pizza </p> <p>2 - Pepperoni Pizza </p> <p>All With Green Beans And Orange and Pineapple Cup</p>
<p>29 1 - Chicken Parmesan Sandwich With Baked Potato Wedges</p> <p>2 - Organic Hummus and Pretzel </p> <p>All With Green Bean Salad And Fresh Banana</p>	<p>30 1 - Pepperoni & Cheese Melt </p> <p>2 - Cheese Sandwich </p> <p><i>All With</i> Chicken Noodle Soup All With Confetti Garbanzo Bean Salad And Mixed Fruit</p>	<p>Early Release No Lunch</p>	<div data-bbox="941 1473 1484 1568" data-label="Section-Header"> <h2>HARVEST of the MONTH</h2> </div> <div data-bbox="949 1583 1283 1753" data-label="Text"> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p> </div> <div data-bbox="1220 1702 1332 1765" data-label="Image"> </div> <div data-bbox="1300 1556 1516 1792" data-label="Image"> </div>	



Boar's Head



October is National Farm to School Month! Join us as we celebrate with food, nutrition education, school gardens and plates filled with healthy, natural ingredients!



BREAKFAST AVAILABLE DAILY

Breakfast Price - \$2.00
Reduced price - \$3.00

OPTIONAL MEATLESS BREAKFAST

ENTREES AVAILABLE DAILY
Apple cinnamon or blueberry whole grain muffin or whole grain bagel with cream cheese

LUNCH

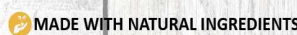
Lunch price - \$3.50
Reduced Price - \$4.00

OPTIONAL MEATLESS LUNCH ENTREES AVAILABLE DAILY

3. Bagel Fun Lunch
4. Fruit and Yogurt Parfait
5. Grilled Cheese Panini

ALL ENTREES SERVED WITH CHOICE OF FRUITS, VEGETABLE

All served with choice of flavored/plain fat-free, 1% and lactose free milk



Assorted Condiments Available Daily

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.