

OCTOBER 2024

PENNICHUCK LUNCH MENU

Assorted Sandwiches Available
Daily on W/G Bread (Ham, Turkey,
Tuna & Sun Butter & Jelly) W/
Vegetable, Fruit & Milk

Monday	Tuesday	Wednesday	Thursday	Friday
	1 All Beef Hot Dog on a w/g Bun, Baked Beans Savory Corn, Strawberry Cup, Milk	2 Penne Pasta with Meat Sauce*, Melted Mozzarella Cheese Green Beans, Pears, Milk	3 Chicken Patty* on a w/g Bun, French Fries Diced Carrots Kiwi, Milk	4 W/G Cheese Pizza or Pizza with Toppings* Seasoned Broccoli Assorted Fruits, Milk
7 Breaded Mozzarella Cheese Sticks*, Marinara Sauce, Green Beans Applesauce Cup, Milk	8 Baked Chicken Tenders* Sidewinder Fries Pears, Bug Bite Cookies, Milk	9 Tortilla Wrap or Tostitos W/ Seasoned Beef*, Cheese Salsa, Refried Beans Corn, Lettuce & Tomato Orange Smiles, Milk	10 Baked Grill Cheese Sandwich with or w/o Ham, Potato Coins Diced Carrots, Apple Milk	11 W/G Cheese Pizza or Pizza with Toppings* <u>***Baked Kale Chips</u> Broccoli W/Lite Dip Assorted Fruits, Milk
14 <u>No School</u> <u>Indigenous People Day</u> <u>National School Lunch Week</u>	15 Pizza Crunchers* w/ Marinara Sauce, Carrots W/ Lite Ranch Dip, Pears Milk	16 Popcorn Chicken* Mashed Potatoes W/ Gravy, Buttery Corn Applesauce Cup, Milk	17 Meatball Sub W/ Melted Cheese, Lays Potato Chips, Seasoned Broccoli, Strawberry Cup, Milk	18 W/G Cheese Pizza or Pizza with Toppings* Marinated Garbanzo Bean Salad, Celery W/ Lite Ranch Dip, Orange Wedges, Milk
21 "Max" Breaded Cheese Sticks*, Marinara Dipping Sauce, Green Beans, Peaches, Milk	22 Creamy Chicken Alfredo W/ Broccoli, Welch's Fruit Snacks, Strawberry Cup, Milk	23 Chicken Nuggets*, w/g Dinner Roll, Diced Carrots, Applesauce, Milk <u>Early Release</u>	24 Hamburger or Cheeseburger* on a w/g Bun French Fries, Corn Pears, Milk	25 W/G Cheese Pizza or Pizza with Toppings* Baby Carrots w/ Lite Ranch Dip, Fruit Mix Milk
28 Corn Dog*, Smartfood Popcorn, Marinated Cucumber & Tomato Salad, Applesauce, Milk	29 Cooks Choice* Assorted Vegetables Assorted Fruits 3-Bean Salad Assorted Desserts, Milk	30 <u>Breakfast for Lunch</u> Mini Maple Waffles* Sausage Patty Hash Brown, Carrots W/ Lite Dip, Banana, Milk	31 Batty Chicken Nuggets* Pumpkin Shaped Smiley Fries, Spooky Broccoli Trees, Scooby Doo Cookie, Kiwi, Milk	

