



OCTOBER | 2017

Rose Hamilton Elementary School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Spaghetti with WG Garlic Bread Broccoli Peaches Milk	3 Walking Taco with Doritos/Fritos Chips Mixed Veggies Black Beans Orange Slice Milk	4 WG Mini Bosco Sticks with Pizza Sauce Green Beans Pineapple Cookie Milk	5 Breakfast for Lunch! WG Biscuits & Sausage Gravy Hashbrown Smiles Pears Milk	6 WG Big Daddy's Cheese Pizza Baked Beans Lima Beans Grapes Milk
9 Salisbury Steak with Mashed Potatoes & Gravy Cooked Carrots Fruit Milk	10 Chicken Parmesan with Garlic Bread & Spaghetti Noodles Side Salad Pineapple Milk	11 Cheeseburger Meatloaf Scalloped Potatoes Baked Beans Clementine Cookie Milk	12 Homemade Chicken & Noodles with Dinner Roll Mashed Potatoes & Gravy Corn Apples with Caramel Dip Milk	13 Smoked Sausage, Green Beans, and Potatoes Cornbread Fruit Mini Rice Krispie Treat Milk
16 WG Chicken Patty Sandwich on WG Bun Mashed Potatoes & Gravy Corn Applesauce Milk	17 Taco Tuesday! Soft Taco on WG Tortilla with Shrd Cheese Black Beans & Mixed Veggies Orange Slices Milk	18 Yogurt, String Cheese, and WG Goldfish Crackers Hashbrown Smiles Mixed Fruit Milk	19 WG Corn Dog Sweet Potato Tots Green Beans Apple Slices Milk	20 WG Pizza Bar! Broccoli with Cheese Sauce Strawberries Cookie Milk
23	24	25	26	27
Fall Break – No School!				
30 Sloppy Joe Sandwich on WG Bun Baked Beans Peas Peaches Milk	31 Beef N'Cheddar Nachos on WG Tortilla Chips with Shrd Cheese Carrot Sticks & Corn Banana Spooky Sundae Ice Cream Milk	You must be pre-approved to receive free or reduced price meals. Contact Wanda McConaha at 855-3475 or print the Application for Free and Reduced Meals from the school website. Completed applications can be turned in at the Admin Building, RHE main office, RHE cafeteria, or to your student's teacher.		

National School Lunch Week
October 9-13! Enjoy new lunch recipes during this week long event! Each day we will have a prize giveaway; participation required to be eligible to win. No B or C choice will be available this week. See kitchen staff with questions.

Meal Prices

Lunch: \$2.25
Reduced Lunch: \$0.40
Adult Lunch: \$3.00

B Option

Monday- WG Chicken Nuggets
Tuesday- Hot Dog on WG Bun
Wednesday- Ravioli
Thursday- Hamburger on WG Bun
Friday- No Alternate
*Grilled cheese sandwiches on WG bread are available daily as a C option.

All Centerville-Abington Community School lunch menus are in agreeance with the Healthy Hunger-Free Kids Act of 2010. Nutrition Standards apply to all foods sold within the National School Lunch Program and all competitive foods sold as ala carte items.