



OCTOBER | 2018

Centerville-Abington Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WG Pancakes with Syrup Canadian Bacon Hashbrown Smiles Mixed Berries Milk	2 Chicken Nachos with Queso Cheese Refried Beans Corn Apple Slices Milk	3 WG Popcorn Shrimp Baby Baked Potatoes Cooked Carrots Pears Milk	4 WG Mini Corn Dogs Broccoli Side Salad Orange Slices Milk	5 Deep Dish Pepperoni Pizza Green Beans Kiwi Fruit Cookie Milk
8 Yogurt, String Cheese, & WG Goldfish Crackers Broccoli Pickle Spear Peaches Milk	9 Beef N' Cheddar Nachos on Corn Chips Black Beans Corn Banana Milk	10 WG Chicken Patty Sandwich on WG Bun Mashed Sweet Potatoes Blueberries Fruit Slushie Milk	11 WG Spaghetti with WG Breadstick Green Beans Apple Slices Milk	12 WG Stuffed Crust Pepperoni Pizza Peas Side Salad Pears Milk
15 Ravioli with WG Goldfish Crackers Peas & Carrots Mixed Fruit Milk	16 Pulled Pork Sandwich on WG Sub Bun Baked Beans Pickle Spear Grapes Milk	17 Italian Meatballs with WG Breadstick Green Beans Side Salad Strawberries Milk	18 Turkey Manhattan with WG Bread Slice Broccoli Fresh Melon Chunks Milk	19 WG French Bread Cheese Pizza Sweet Potato Fries Green Beans Applesauce Milk
22	23	24	25	26
Fall Break – No School!				
29 WG Pepperoni Calzone with Pizza Sauce Cooked Carrots Side Salad Peaches Milk	30 Taco Tuesday! Soft Taco on WG Tortilla with Shrd Cheese Shrd Lettuce & Tomato Refried Beans Apple Slices Milk	31 WG Chicken Tender Snack Wrap with Shrd Lettuce & Tomato Mashed Potatoes & Gravy Clementine Milk		

Meal Prices

Lunch: \$2.25
 Reduced Lunch: \$0.40
 Adult Lunch: \$3.00
 Milk only: \$0.60

B Option

Monday- WG Chicken Nuggets
 Tuesday- Beef & Cheddar
 Sandwich on WG Bun
 Wednesday- Hot Dog on WG Bun
 Thursday- Hamburger on WG Bun
 Friday- No Alternate
 *Grilled cheese sandwiches and
 chef salads 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.

**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, CAE main
 office, CAE cafeteria, or to your
 student's teacher.**