

Rogers International School Lunch Menu October 2017



Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheeseburger on Whole Wheat Bun Oven Fries Baked Beans Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch	3 Chicken Nuggets w/ BBQ Sauce Seasoned Corn Dinner Roll Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch	4 Breakfast for Lunch! French Toast Sticks w/ Syrup Cup Sausage Patty Tater Tots Seasonal Fruit Vegetarian Choice: Bagel Fun Lunch	5 Macaroni & Cheese Breadstick Seasoned Broccoli Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter & Jelly on Whole Wheat Bread	6 Cheese or Pepperoni Pizza Tossed Salad Baby Carrots Seasonal Fruit Milk Choice Vegetarian Choice: Garden Salad w/ Cheese & Bread Stick
9 NO SCHOOL COLUMBUS DAY!	10 Cheesy Baked Ziti Steamed Broccoli Spears Whole Grain Breadstick Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter & Jelly on Whole Wheat Bread	11 BBQ Chicken Strips Steamed Brown Rice Seasoned Carrots Seasonal Fruit Milk Choice Vegetarian Choice: Garden Salad w/ Cheese & Dinner Roll	12 Sloppy Joe on WG Bun Steamed Green Beans Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch	13 Cheese or Pepperoni Pizza Tossed Salad Seasoned Carrots Seasonal Fruit Milk Choice Vegetarian Choice: Garden Salad w/ Cheese & Bread Stick
16 Hot Dog on Whole Wheat Bun Baked Beans Oven Fries Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch	17 Chicken Parmesan Sandwich Savory Green Beans Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter* & Jelly on Whole Wheat Bread	18 Beef Macho Nacho's w/ Tortilla Chips Steamed Brown Rice Mexicali Corn Seasonal Fruit Milk Choice Vegetarian Choice: Omit the Beef	19 Crispy Fish Sticks Dinner Roll Seasoned Carrots Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter & Jelly on Whole Wheat Bread	20 Cheese or Pepperoni Pizza Tossed Salad Baby Carrots Seasonal Fruit Milk Choice Vegetarian Choice: Garden Salad w/ Cheese & Bread Stick
23 Cheeseburger on Whole Wheat Bun Oven Fries Baked Beans Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch	24 Popcorn Chicken Dinner Roll Mashed Potatoes w/ Gravy Seasoned Corn Seasonal Fruit Milk Choice Vegetarian Choice: Garden Salad w/ Cheese & Bread Stick	25 Turkey & Cheese Sandwich Seasonal Fruit Chilled Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch Early Release	26 Sizzlin' Chicken Fajita Soft WG Tortilla Steamed Brown Rice Seasoned Peppers & Onions Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch	27 Cheese or Pepperoni Pizza Tossed Salad Seasoned Carrots Seasonal Fruit Milk Choice Vegetarian Choice: Garden Salad w/ Cheese & Bread Stick
30 Chicken Patty Sandwich Oven Fries Baked Beans Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch	31 Toasted Cheese Sandwich Tomato Soup Savory Green Beans Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter* & Jelly on Whole Wheat Bread			New Easy-to-Access School Menus Stamfordpublicschools.nutrislice.com
Weekly Alternate Entrée's: Oct 2-6: Turkey & Cheese Sandwich: Oct 9-13: Ham & Cheese Sandwich Oct 16-20: Turkey & Cheese Sandwich: Oct 23-27: Ham & Cheese Sandwich: Oct 30-31: Turkey & Cheese Sandwich Daily Alternate Meals: Garden Salad w/ Cheese and WG Breadstick, Sun Butter* & Jelly on Whole Wheat Bread <u>OR</u> Bagel Fun Lunch *Sun Butter is made from Sunflower Seeds				
Monday Fruit/Veggie Bar: Marinated Chic Peas Chilled Fruit Seasonal Fruit	Tuesday Fruit/Veggie Bar: Baby Carrots Chilled Fruit Seasonal Fruit	Wed. Fruit/Veggie Bar: Broccoli Florets Chilled Fruit Seasonal Fruit	Thurs. Fruit/Veggie Bar: Celery Sticks Chilled Fruit Seasonal Fruit	Friday Fruit/Veggie Bar: Cucumber Slices Chilled Fruit Seasonal Fruit

This institution is an equal opportunity employer.
Questions?
Please call **203-977-4738**

A full student lunch includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate