

OCTOBER 2022

ENFIELD SCHOOLS K-5 MENU

LUNCH



Breakfast and Lunch are **TEMPORARILY FREE** for all students again for the month of **October** due to ST of CT SMART funds availability. **A one-month notice will be given when meals will go back to PAID, REDUCED or FREE status.**

Every day: Option of the following in place of the daily "Hot Lunch": Sunbutter & Jelly Sandwich or Turkey or Turkey Ham Sandwich w/ or w/o Cheese
Includes Choice of Fresh Veggies & Dip, Fruit, and Milk



MONDAY

Chicken Nuggets **3**
Whole Grain Dinner Roll
Oven Baked Fries

TUESDAY

Meatball Sub **4**
Shredded Cheese
Tossed Salad w/Ital Dressing

WEDNESDAY

Calzone **5**
(Sauce & Cheese)
Steamed Broccoli

THURSDAY

Chicken Fajita **6**
Shredded Cheese Salsa
Lettuce Refried Beans

FRIDAY

Warm Mini Waffles **7**
Sausage Links (Chicken)
Strawberry Yogurt Cup

No School
Enjoy your day!

No School
See you tomorrow!

Mac & Cheese **12**
Steamed Broccoli
Whole Grain Dinner Roll

Just like Turkey&Gravy... **13**
Chicken & Gravy
Mashed Potato Peas
Whole Grain Dinner Roll

Hot Dog (Turkey) in a Whole Grain Bun **14**
Honey Baked Beans

Chicken Nuggets **17**
Whole Grain Dinner Roll
Oven Baked Fries

Meatball Sub **18**
Shredded Cheese
Tossed Salad w/Ital Dressing

Calzone **19**
(Sauce & Cheese)
Steamed Broccoli

Chicken Fajita **20**
Shredded Cheese Salsa
Lettuce Refried Beans

Warm Mini Waffles **21**
Sausage Links (Chicken)
Strawberry Yogurt Cup

Hot Breaded Chicken Patty on Whole Grain Bun **24**
Oven Baked Fries

Breaded Mozz Sticks **25**
Oven Baked Fries
Marinara Cup

Mac & Cheese **26**
Steamed Broccoli
Whole Grain Dinner Roll

Just like Turkey&Gravy... **27**
Chicken & Gravy
Mashed Potato Peas
Whole Grain Dinner Roll

Hot Dog (Turkey) in a Whole Grain Bun **28**
Honey Baked Beans

Chicken Nuggets **31**
Whole Grain Dinner Roll
Oven Baked Fries

Please note that while free meals may continue for another month or so, when it changes to PAID, REDUCED AND FREE meals, we still need an approved FREE OR REDUCED application to qualify.



All meals Also include:
Choice of Fruit
Choice of Fresh Veggies & Dip
Choice of Milk- White or Chocolate