

JFK 6-8 Hot Lunch Menu

OCTOBER 2019

Lunch Price: 6-8 only \$2.25 Breakfast Price: 6-8 only \$1.00

Save the hassle of remembering to give your child money for meals each day-prepay online or at school!

Set up an online account at: myschoolbucks.com

Free/Reduced Meal Applications are available at all schools, or @ enfieldschools.org /Nutrition Services Dept.

Monday

Tuesday

Wednesday

Thursday

Friday

These Dogs are Corny! 1
Corn Dog (Turkey) Nuggets
Oven Baked Potato Puffs
Cooked Carrots
Whole Wheat Roll
Choice of Fruit

Pasta Day Your Way! 2
Pasta Meat Sauce
Tossed Salad with Italian Dressing
Grated Cheese Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

Mexican Taco Salad! 3
Taco Chips & Taco Meat
Cheddar Cheese Lettuce Cup
Spicy Salsa Spanish Brown Rice
Refried Beans
100% Juice Sherbet or Fruit Cup

Crisp from the Oven! 4
Breaded Mozzarella Sticks
Marinara Sauce
Choice of Potato
Steamy Broccoli Spears
Whole Wheat Dinner Roll / Fruit


Hamburger Bar is Back! 7
Beef Hamburger/Cheese
Whole Wheat Bun, Choice of onions,
Peppers, Jalapenos, Mushrooms
Choice of Potato / Honey Baked Beans
Choice of Fruit

Golden Baked Chicken Pattie! 8
Chicken Pattie /Cheese
Whole Wheat Bun
Choice of Potato
Corn off the Cob
Choice of Fruit

Pasta Day Your Way! 9
Pasta Meat Sauce
Tossed Salad with Italian Dressing
Grated Cheese Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

Meatball Sub Day! 10
Meatballs and Sauce
Grinder Roll, Grated Mozzarella Cheese
Choice of Potato
Mixed Vegetables
Choice of Fruit

Baked Potato Bar! 11
Choice of Red & Green Peppers
Onions, Cheese, Beef Taco Meat
Broccoli, Salsa
Whole Wheat Dinner Roll
Choice of Fruit

NO SCHOOL 14

Columbus Day

NO SCHOOL 15

Pasta Day Your Way! 16
Pasta Meat Sauce
Tossed Salad with Italian Dressing
Grated Cheese Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

It's a Wrap-Mexican Style 17
Seasoned Chicken Fajita Strips
Shredded Cheddar Cheese, Lettuce
Cup Spicy Salsa Spanish Brown Rice
Refried Beans 100% Juice Sherbet or
Fruit Cup

My Fav- Mac and Cheese! 18
Macaroni and Cheese
Sweet Potato Fries
Steamy Broccoli Spears
Whole Wheat Dinner Roll
Choice of Fruit

Loaded Ballpark Frank! 21
Hot Dog (Turkey) in a Bun
Choice of toppings: onions, sauerkraut,
peppers – hot or sweet
Choice of Potato / Honey Baked Beans
Choice of Fruit

Chicken Teriyaki Nuggets! 22
Teriyaki Chicken Nuggets
Oriental Rice, Sweet Peas
Cooked Carrots
Whole Wheat Dinner Roll
Fortune Cookie Choice of Fruit

Pasta Day Your Way! 23
Pasta Meat Sauce
Tossed Salad with Italian Dressing
Grated Cheese Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

Thanksgiving in October! 24
Turkey and Gravy
Mashed Potatoes
Sweet Peas
Whole Wheat Dinner Roll
Choice of Fruit

Grilled to Perfection 25
Grilled Cheese Sandwich
Choice of Potato
Hot Tomato Soup, Crackers
Steamy Broccoli Spears
Choice of Fruit

Oven Crispy Nuggets! 28
Breaded Chicken Nuggets
Choice of Potato
Whole Wheat Dinner Roll
Corn off the Cob
Choice of Fruit

It's Breakfast for Lunch! 29
MINI Maple Waffles
Breakfast Sausage Link
Oven Baked Potato Puffs
Cooked Carrots
Choice of Fruit

Pasta Day Your Way! 30
Pasta Meat Sauce
Tossed Salad with Italian Dressing
Grated Cheese Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

Spooky Mexican Taco Salad! 31
Taco Chips & Taco Meat
Chilly Cheddar Cheese Lettuce Cup
Spicy Salsa Spanish Boo Brown Rice
Ghostly Refried Beans
100% Juice Sherbet or Fruit Cup

Lunch offerings include an entrée, whole grain items, fresh and cooked veggies, fresh and canned fruit, low fat white or non-fat chocolate milk at every meal. Students may take three, four or five of these items, but they must choose at least ½ cup of fruits or veggies and 2 full servings of the other food components. Fresh baby carrots and hummus are available every day as a vegetable choice. Ketchup and mustard are available when applicable. Menu items are subject to change without notice. This institution is an equal opportunity provider and employer.

Help Wanted: Nutrition Services is accepting applications for part time workers and substitutes. Great hours for parents! Contact Nutrition Service Office for more info: 860-253-6509