



OCTOBER 2024

Saint Francis
Elementary School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NATIONAL FARM to SCHOOL MONTH</p> <p>FRUIT OF THE MONTH</p> <p>LOCALLY GROWN SUNCRISP APPLES</p>	<p>VEGETABLE OF THE MONTH</p> <p>LOCALLY GROWN BABY BOK CHOY</p>	<p>THE FARM STAND</p> <p>Fruits & Vegetables from The Farm Stand are included with lunch.</p>		
	1 Macaroni & Cheese with a Dinner Roll & Steamed Broccoli	2 Belgian Waffle Sticks Turkey Sausage	3 Beef Tacos served with Rice and Beans	4 La Rosa's Pizza with a Tossed Salad
7 Sweet & Sour Chicken OR Plant-Based Nuggets with Brown Rice & Mixed Vegetables Local SunCrisp Apple	8 Celebrate Hispanic Heritage Month with a Cuban Sandwich with Plantain Chips	9 Chicken or Cheese Quesadillas with Black Bean & Corn Salsa	10 La Rosa's Pizza with a Tossed Salad	11 NO LUNCH SERVED TODAY
14 No School	15 Nachos Grande with Pico de Gallo & Rice & Beans	16 Cheese Ravioli with Pink Sauce & a Dinner Roll	17 Chicken Teriyaki with Local Baby Bok Choy Vegetable Fried Rice & a Fortune Cookie	18 La Rosa's Pizza with a Tossed Salad
21 Spaghetti and Meatballs Garden Salad Garlic Bread	22 Popcorn Chicken & Mashed Potato Bowl with Corn, Gravy & a Dinner Roll	23 Maple-Flavored Pancakes with a Turkey Sausage Patty	24 Pierogis with Caramelized Local Onion & a Bavarian Pretzel Roll	25 La Rosa's Pizza with a Tossed Salad
28 Cheese Ravioli with Pink Sauce & a Dinner Roll Roasted Local Cauliflower	29 Cheeseburger, Hamburger, or Black Bean Burger on a Bun with Baked French Fries	30 Chicken Nuggets OR Plant-Based Nuggets with Carrots & a Dinner Roll	31 Mummy Hog Dog with Baked Beans	

ALSO AVAILABLE DAILY

- Assorted Salads
- Assorted Sandwiches
- Cereal Lunch
- Assorted Bento Boxes
- Pizza Crunchers
- Cheeseburger on a Bun

VEGETABLE OF THE MONTH



LOCALLY GROWN YELLOW ONIONS

VEGETABLE OF THE MONTH



LOCALLY GROWN CAULIFLOWER

A Complete Lunch Includes:

Entrée (with Protein/Grain)
Trip to The Farm Stand (students must select at least a serving of fruit or vegetable)

Milk Choice: 1% White, Skim, or Non-Fat Flavored

Menu Subject to Change

Your comments are important to us. Please e-mail us at comments@pomptonian.com

FOOD ALLERGIES

Allergy Aware menus are available for students with food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

"This institution is an equal opportunity provider."



At least 80% of All Grains served w/ your meal are Whole Grain Rich