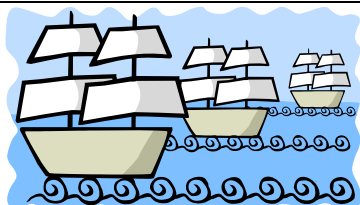



# East Stroudsburg Area School District

## Lunch Menu October 2011

Monday	Tuesday	Wednesday	Thursday	Friday
3- Meatloaf with gravy with whole wheat dinner roll Hot Dog on roll Mashed potatoes Seasoned Corn Fresh fruit	4- Toasted Cheese Sandwich Deli Sandwich Tomato Soup Green Beans Fresh Orange Wedges Rice Krispie Square	5- Spaghetti & Meat Sauce with whole wheat dinner roll Italian Hoagie Tossed Salad w dressing Green Peas	6- Chicken Tenders with sauce Vegetable Wrap Seasoned Rice Broccoli Chilled Peaches	7- 5 inch Round Pizza Sloppy Joes on whole wheat roll Assorted 100% Fruit Juice Vegetable Medley & dip sauce Cinnamon Apple Slices
10- <i>Staff Development Day</i>  <i>No School for Students</i>	11- Meatball Sandwich Chef Salad with Italian bread Carrot Coins Mixed Fruit Fresh Baked Cookie <b>K-8 students only</b>	12- Chicken Nuggets/sauce Bologna and Cheese Sandwich Tator Tots Tossed Salad with dressing Broccoli and Cauliflower Mix	13- Cheeseburger on whole wheat roll Egg Burrito Lettuce and Tomatoes Sweet Potato Fries Pineapple Tidbits	14- White French Bread Pizza Beef Stew Seasoned Noodles Assorted 100% Fruit Juice Vegetable Medley with dipping sauce
17-Cheese Sticks with sauce Taco Salad Vegetable Mix Cinnamon Apple Sauce Vanilla or Chocolate Pudding	18- Burrito with corn chips & salsa Turkey Deli Seasoned Rice Chilled Peaches 100% Fruit Punch Juice	19- Chicken Parmesan Vegetable Wrap Linguine Fresh Carrots and Celery with dipping sauce Green Beans	20— Cheesy Beef Bake Pierogies Marinara Whole Wheat Dinner Roll Broccoli Chilled Mixed Fruit	21- 4 x 6 pizza Fish Sandwich on whole wheat roll Curly Fries Tossed Salad with dressing Assorted 100% Fruit Juice <b>K-5 and 9-12 students only</b>
24-Chicken Nuggets/sauce Hot Dog on roll Potato Wedges Baked Beans Peach Slices	25-Beef a Roni with whole wheat dinner roll Turkey Deli with cheese Tossed Salad w dressing Mixed vegetable	26- Tacos & Cheese Ham and Cheese Wrap Broccoli Chilled Mixed Fruit Luigis Frozen Dessert	27- Chicken Patty on Roll Roast Beef Deli on wheat roll Tator Tots Carrot Coins Cinnamon Apple Slices	28-French Bread Pizza Tuna Salad Sandwich Seasoned Noodles Tossed Salad with dressing Assorted 100% Fruit Juice
31- Meatloaf with gravy With dinner roll Hot Dog on roll Mashed potatoes Seasoned Corn Halloween Cookie	<i>Word of the Month</i>  <b>Confidence</b>		<i>Fruit of the Month</i>  <b>Apples</b>	

Available Every Day: Peanut Butter & Jelly Sandwich; Selected Pizza; Yogurt & Selected Bread; Fresh Vegetables; Tossed Salad; 3 Bean Salad;  
Fresh Fruits; 100% Fruit Juice; Choice of ½ pint milk

Suggestions/Comments: Please contact Food Services: paul-schmid@esasd.net; 570-424-8500 Ext 1420

Menu subject to Change - Check out the web page: [www.esasd.net/cafe](http://www.esasd.net/cafe)  
Now on line: Information about the Birthday Baskets

Pay for your meals in advance through [www.cafeprepay.com](http://www.cafeprepay.com)  
Thank you for your support of the cafeteria