



# OCTOBER 2021

Roosevelt  
Elementary School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Assorted Pizza
<b>Weekly Alternate:</b> PizzaBoli				
4 All-White Meat Chicken Tenders w/ a Split Top Dinner Roll	5 Baked Ziti w/ a Split Top Dinner Roll	6 Chicken Fajitas with Rice, Salsa & Cheese	7 Mini Pancakes w/ Egg Patty	8 Assorted Pizza
<b>Weekly Alternate:</b> Cheese Ravioli w/ a Split Top Dinner Roll				
11 <b>COLUMBUS DAY</b> NO SCHOOL	12 Chicken Nuggets w/ a Split Top Dinner Roll	13 Nachos Grande w/ Beef, Cheese, Brown Rice & Tortilla Chips	14 Cinnamon-Glazed French Toast Sticks	15 Assorted Pizza
<b>Weekly Alternate:</b> Grilled Cheese Sandwich				
18 Breaded Chicken on a Bun	19 Pork & Rice Burrito with Cheese & Salsa	20 Pasta w/ Meatballs & a Split Top Dinner Roll	21 Sweet & Sour Chicken w/ Vegetable Fried Rice & Fortune Cookie	22 Assorted Pizza
<b>Weekly Alternate:</b> Cheese Lasagna Roll-Up w/ a Split Top Dinner Roll				
25 All-White Meat Chicken Tenders w/ a Split Top Dinner Roll	26 100% Beef Burger or Cheeseburger on a Bun	27 Breaded Mozzarella Sticks	28 <b>CELEBRATE HALLOWEEN!</b> Mummy Hot Dog w/ Ghostly Mashed Potatoes or Boo Burger w/ Monster Cheese	29 Assorted Pizza
<b>Weekly Alternate:</b> Pizza Crunchers				
<b>Also Available Daily:</b> Bagel & Yogurt Lunch w/ a Cheese Stick Grilled Chicken Caesar Salad w/ a Roll <b>Assorted Sandwiches</b> Italian Hero Turkey & Cheese Sandwich Ham Sandwich				
			<div style="border: 1px solid black; padding: 5px;"> <p><b>A Complete Lunch Includes:</b></p> <ul style="list-style-type: none"> <li>Entrée (with Protein/Grain)</li> <li><b>Trip to The Farm Stand</b> (students must select at least a serving of fruit or vegetable)</li> <li>Hormone-Free Milk</li> <li><b>Menu Subject to Change</b></li> </ul> <p>Your comments are important to us. Please e-mail us at <a href="mailto:comments@pomptonian.com">comments@pomptonian.com</a></p> </div>	



**Free meals for all students\***



**At least 50% of All Grains served w/ your meal are Whole Grain Rich**

**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](http://www.pomptonian.com).

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