



Elementary, Skyview & Arcola Breakfast October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pancakes with Syrup Fresh Orange	3 Cheesy Egg and Potato Taco Fresh Apple	4 Mini Bagels with Strawberry Cream Cheese Applesauce	5 Egg and Cheese Melt Fresh Banana	6 Mini French Toast Diced Peaches
9 No School K-12	10 Ham, Egg and Cheese Breakfast Wrap Fresh Apple	11 Yogurt Parfait Applesauce	12 Egg and Cheese Melt Fresh Orange	13 Mini Waffles with Syrup Diced Peaches
16 Mini French Toast Fresh Orange	17 Cheese Omelet with Toast Fresh Apple	18 Pillsbury Mini Cinnis Applesauce	19 Egg and Cheese Melt Fresh Banana	20 Cinnamon or Powdered Sugar Donut Diced Peaches
23 Pancakes with Syrup Fresh Orange	24 Bacon, Egg and Cheese Breakfast Wrap Fresh Apple	25 Yogurt Parfait Applesauce	26 Egg and Cheese Melt Fresh Orange	27 Mini Waffles Diced Peaches
30 Apple or Cherry Filled Breakfast Pastry Fresh Orange	31 Cheese Omelet with Toast Fresh Apple			

DAILY OPTIONS

Cereal and Cereal Bars such as Cheerios, Lucky Charms, Cinnamon Toast Crunch, Cocoa Puffs, Fruit Loops, with Graham Crackers

Bagel with Choice of Cream Cheese, Butter or Jelly

Chocolate or Blueberry Muffin with String Cheese

Assorted Yogurt such as Strawberry Banana and Raspberry with Graham Crackers

Hard Boiled Egg with Graham Crackers

Choice of Milk: 1% White, Skim White, Skim Chocolate, Skim Strawberry

Fruit: Fresh Apple, Fresh Orange, Assorted Fruit Juices such as Apple, Orange and Fruit Blend



Breakfast is available to **all** students, **every morning** in the cafeteria.
Students who qualify for free or reduced price lunch, also qualify for free or reduced price breakfast!



BREAKFAST MEAL PRICES:
Elementary: \$1.25
Skyview/Arcola: \$1.90
Reduced: \$0.30

To make a meal, students must select 3 or 4 items. At least one item must be a ½ cup fruit or 4 oz fruit juice. Meals without a fruit will be charged a la carte pricing.

For information on nutrition, applying for free or reduced meals, adding money to student accounts, next month's menus and more visit us online at:
www.methacton.org/aramark or scan the code to the right.





October 2017

Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Steamed Broccoli Baby Carrots Applesauce	Green Beans Red Pepper Strips Fresh Orange	Steamed Carrots Fresh Broccoli Fresh Apple	Vegetarian Baked Beans Cucumber Slices Peaches	Green Peas Side Salad Fresh Orange	Daily Entrees Sunbutter & Jelly Hummus Pack: with Soft Pretzel, Veggies & String Cheese Salad of The Day Includes a fresh baked whole grain roll DAILY SIDES Choice of Milk: 1% White, Skim White, Skim Chocolate, Skim Strawberry 100% Fruit Juice: Apple, Grape, Orange or Fruit Fruit: Fresh Apple Fresh Orange Assorted Veggie Cups All grains served are whole grain rich!
2 Baked Potato Bar with Broccoli, Ham & Cheese Chicken Patty Sandwich Ham & Turkey Club Ham Chef Salad	3 Meatball Pizza Sub Popcorn Chicken w/Bread Egg Salad Sub Chicken Caesar Salad	4 Chicken Tenders with a Roll and Yellow Corn Hot Dog on a Bun Ham & Cheese Sandwich Cobb Salad	5 BBQ Pork Sandwich Chicken Nuggets w/Bread Turkey & Cheese Wrap Egg Chef Salad	6 Pizza Wedge Cheeseburger Ham and Cheese Hoagie Popcorn Chicken Salad	
9 No School K-12	10 Pizza Dippers with Marinara Sauce Chicken Nuggets w/Bread Egg Salad Sub Chicken Caesar Salad	11 French Toast Sticks with Sausage Cheeseburger Turkey & Cheese Hoagie Cobb Salad	12 Crispy Chicken Drumstick with Corn Muffin Hot Dog on a Bun Ham and Cheese Sandwich Egg Chef Salad	13 Pizza Wedge Chicken Patty Sandwich Ham and Cheese Wrap Popcorn Chicken Salad	
16 Grilled Cheese Sandwich Popcorn Chicken w/ Breadst Ham and Cheese Sandwich Turkey Chef Salad	17 Penne with Marinara and Meatballs Pizza Wedge Tuna Salad Sub Fruit and Cheese Plate	18 Chicken Mashed Potato Bowl with Breadstick Cheeseburger Turkey & Cheese Wrap Tossed Salad	19 Meat & Cheese Nachos w/ Salsa & Black Beans Chicken Patty Sandwich Ham and Cheese Hoagie Tuna Salad Platter	20 Cheesy Pizza Slice Grilled Chicken Sandwich Turkey & Cheese Sandwich Chicken & Cheese Salad	
23 Beef Soft Tacos with Yellow Corn Chicken Patty Sandwich Three Cheese Wrap Ham Chef Salad	24 Orange Chicken Over Brown Rice and Broccoli Cheeseburger Egg Salad Sandwich Chicken Caesar Salad	25 Four Cheese Mac and Cheese Chicken Nuggets w/Bread Ham & Cheese Hoagie Cobb Salad	26 Chicken Parmesan Sandwich Popcorn Chicken w/Breadstic Turkey and Cheese Hoagie Egg Chef Salad	27 Pizza Wedge Hot Dog on a Bun Ham & Cheese Sandwich Popcorn Chicken Salad	
30 Mozzarella Sticks with Marinara Sauce Cheeseburger Turkey & Cheese Hoagie Turkey Chef Salad	31 "Mummy Dogs" (Corn Dog) Chicken Nuggets w/Bread Tuna Salad Sub Fruit and Cheese Plate				

MEAL PRICES

Lunch: \$2.65
Reduced : \$0.40

To make a meal, students must select foods from at least 3 different food groups. At least one item must be a ½ cup fruit, ½ cup vegetable or a 4oz fruit juice. Meals without a fruit or vegetable will be charged a la carte pricing.

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Breakfast is available in the cafeteria daily for all students. Free and reduced students qualify for free or \$0.30 breakfast.