



# Elementary, Skyview & Arcola Breakfast October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Pancakes with Syrup Fresh Orange	<b>3</b> Cheesy Egg and Potato Taco Fresh Apple	<b>4</b> Mini Bagels with Strawberry Cream Cheese Applesauce	<b>5</b> Egg and Cheese Melt Fresh Banana	<b>6</b> Mini French Toast Diced Peaches
<b>9</b> No School K-12	<b>10</b> Ham, Egg and Cheese Breakfast Wrap Fresh Apple	<b>11</b> Yogurt Parfait Applesauce	<b>12</b> Egg and Cheese Melt Fresh Orange	<b>13</b> Mini Waffles with Syrup Diced Peaches
<b>16</b> Mini French Toast Fresh Orange	<b>17</b> Cheese Omelet with Toast Fresh Apple	<b>18</b> Pillsbury Mini Cinnis Applesauce	<b>19</b> Egg and Cheese Melt Fresh Banana	<b>20</b> Cinnamon or Powdered Sugar Donut Diced Peaches
<b>23</b> Pancakes with Syrup Fresh Orange	<b>24</b> Bacon, Egg and Cheese Breakfast Wrap Fresh Apple	<b>25</b> Yogurt Parfait Applesauce	<b>26</b> Egg and Cheese Melt Fresh Orange	<b>27</b> Mini Waffles Diced Peaches
<b>30</b> Apple or Cherry Filled Breakfast Pastry Fresh Orange	<b>31</b> 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 1/2 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](http://www.methacton.org/aramark) or scan the code to the right.





# October 2017

## SKYVIEW LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	DAILY ENTREES
Green Peas Baby Carrots Side Salad Applesauce	Steamed Carrots Red Pepper Strips Side Salad Mixed Fruit	Green Beans Fresh Broccoli Side Salad Fresh Apple	Steamed Broccoli Cucumber Slices Side Salad Peaches	Baked Fries, Peas&Carrot Fresh Celery Side Salad Fresh Orange	<b>Sunbutter &amp; Jelly Sandwich</b> <b>Hummus Pack:</b> with Soft Pretzel, Veggies & String Cheese  <b>Pizza &amp; Grill:</b> Cheese Pizza Chicken Patty Sandwich Cheeseburger Hamburger Hot Dog on a Bun  <b>Salad of the Day:</b> Includes a fresh baked whole grain roll  <b>DAILY SIDES</b> <b>Choice of Milk:</b> 1% White, Skim White, Skim Chocolate, Skim Strawberry  <b>100% Fruit Juice:</b> Apple, Orange or Fruit  <b>Fruit:</b> Fresh Apple Fresh Orange  <b>All grains served are whole grain rich!</b>
<b>2</b> Grilled Cheese with Tomato Soup  Ham & Turkey Club Egg Chef Salad	<b>3</b> Pulled Pork Sandwich with side of Coleslaw  Turkey & Cheese Sub Chicken Salad Platter	<b>4</b> Chicken Parmesan Over Pasta  Ham & Cheese Wrap Cobb Salad	<b>5</b> Meat & Cheese Nachos w/ Toppings Bar  Tuna Salad Sub Popcorn Chicken Salad	<b>6</b> Pepperoni Pizza  Ham and Cheese Hoagie Chicken Nacho Salad	
<b>9</b> No School K-12	<b>10</b> Corn Dog  Egg Salad Sub Chicken Salad Platter	<b>11</b> Rotini with Marinara and Meatballs  Turkey & Cheese Wrap Cobb Salad	<b>12</b> Chicken Nuggets w/ Fresh Baked Roll  Ham & Cheese Hoagie Popcorn Chicken Salad	<b>13</b> Sausage Pizza  Turkey & Cheese Sandwich Chicken Nacho Salad	
<b>16</b> Mozzarella Sticks with Marinara Roasted Zucchini Ham and Cheese Hoagie Egg Chef Salad	<b>17</b> Roasted BBQ Chicken with Corn Muffin & Mashed Potatoes Tuna Salad Sub Chicken Salad Platter	<b>18</b> Beef Lasagna  Turkey & Cheese Sandwich Cobb Salad	<b>19</b> Walking Taco w/ Toppings Bar  Ham and Cheese Wrap Popcorn Chicken Salad	<b>20</b> Pepperoni Pizza  Turkey and Cheese Sub Chicken Nacho Salad	
<b>23</b> Four Cheese Mac and Cheese  Turkey & Cheese Wrap Egg Chef Salad	<b>24</b> French Toast with Sausage & Syrup Baked Apples Tuna Salad Sub Chicken Salad Platter	<b>25</b> Chicken Mashed Potato Bowl  Ham & Cheese Hoagie Cobb Salad	<b>26</b> Chili Over Baked Potato w/ Toppings Bar Fresh Baked Roll Turkey & Cheese Sandwich Popcorn Chicken Salad	<b>27</b> Sausage Pizza  Ham & Cheese Sandwich Chicken Nacho Salad	
<b>30</b> Pizza Dippers with Marinara  Turkey & Cheese Wrap Egg Chef Salad	<b>31</b> Monster Mac & Cheese with Fish Sticks  Ham & Cheese Sandwich Chicken Salad Platter	<b>SOUPER WEDNESDAY!</b> Warm up with soup available for purchase a la carte: \$1.00 Oct 4: Homemade Chicken and Rice Oct 11: Tomato Oct 18: Homemade Chicken and Rice Oct 25: Tomato			

**MEAL PRICES**

Lunch: \$2.95  
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.

For information on nutrition, applying for free or reduced meals, adding money to student accounts next month's menus and more visit us



**Breakfast is available in the cafeteria daily for all students.**