



# October 2006

## Vote for School Lunch!



| MONDAY                                     |   | TUESDAY |   | WEDNESDAY  |  | THURSDAY |   | FRIDAY |  |  |
|--|---|---------|---|--|--|----------|---|--------|--|--|
| 2  | Grilled Cheese Sandwich<br>Or Hamburger/ Cheeseburger<br>Carrot & Celery Sticks<br>With Ranch Dressing<br>Pineapple Fruit Cup<br>Milk | 3       | Cheese Quesadilla<br>Or Hot Dog<br>Corn<br>Mandarin Oranges<br>Milk   | 4  | Ziti with Marinara Sauce<br>Garlic Bread<br>Or Pizza<br>Tossed Salad<br>Seasonal Fresh Fruit<br>Milk | 5        | Cheesy Breadsticks with<br>Tomato Sauce<br>Or Hamburger/ Cheeseburger<br>Garden Salad<br>Macintosh Apple<br>Milk          | 6      | First Friday Mass<br><br>Early Dismissal<br><br>No Lunch   | <b>Special News...</b><br><br><i>Having a Birthday Party?</i><br><br>We will make cupcakes and deliver them to school. Cupcakes are .35 each.<br><br>To order, call (203) 312-5825<br><br>Lunch is \$3.00 - \$3.45<br><br>Adult \$3.50<br><br>Menus are subject to change without notice |
| 9  | Columbus Day<br><br>No School   | 10      | <b>Frito Lay Day</b><br>Pizza Bagel<br>Or Hot Dog<br>Carrot & Celery Sticks<br>With Ranch Dressing<br>Pineapple Fruit Cup<br>Milk | 11   | Tacos with Lettuce & Cheese<br>Or Pizza<br>Corn<br>Seasonal Fresh Fruit<br>Milk                      | 12       | Teachers' Conference Day<br><br>No School   | 13     | Cheesy Breadsticks with<br>Tomato Sauce<br>Or Hot Dog<br>Garden Salad<br>Macintosh Apple<br>Milk |  |
| 16   | French Toast Sticks<br>Breakfast Sausage<br>Or Hamburger/<br>Cheeseburger<br>Pear Fruit Cup<br>Milk                                   | 17      | Pizza Burger<br>Or Hot Dog<br>Celery Sticks<br>With House Dressing<br>Mandarin Oranges<br>Milk                                    | 18   | Ziti with Marinara Sauce<br>Garlic Bread<br>Or Pizza<br>Tossed Salad<br>Seasonal Fresh Fruit<br>Milk | 19       | Ham & Cheese Wrap<br>Or Hamburger/ Cheeseburger<br>Carrot & Celery Sticks<br>With Ranch Dressing<br>Orange Slices<br>Milk | 20     | Cheesy Breadsticks with<br>Tomato Sauce<br>Or Hot Dog<br>Garden Salad<br>Macintosh Apple<br>Milk |  |
| 23   | Corn Dog<br>Or Hamburger/<br>Cheeseburger<br>Carrot Sticks<br>With House Dressing<br>Pineapple Fruit Cup<br>Milk                      | 24      | <b>Frito Lay Day</b><br>Pepperoni Wrap<br>Or Hot Dog<br>Celery Sticks<br>With Ranch Dressing<br>Apple Sauce<br>Milk               | 25   |  | 26       | Tacos with Lettuce &<br>Cheese<br>Or Hamburger/<br>Cheeseburger<br>Corn<br>Seasonal Fresh Fruit<br>Milk                   | 27     | Cheesy Breadsticks with<br>Tomato Sauce<br>Or Hot Dog<br>Garden Salad<br>Orange Slices<br>Milk   |  |
| 30   | French Toast Sticks<br>Breakfast Sausage<br>Or Hamburger/<br>Cheeseburger<br>Peach Fruit Cup<br>Milk                                  | 31      | <b>Spike Day</b><br>Bacon Cheeseburger<br>Bun<br>Or Hot Dog<br>Carrot & Celery Sticks<br>Pineapple Fruit Cup<br>Milk              | <b>Spike says,</b><br><b>"Cast your vote for good health.</b><br><b>Eat a nutritious lunch!"</b> |  |          |   |        |  |  |
| NATIONAL SCHOOL LUNCH WEEK IS OCTOBER 9-13 |   |         |   |  |  |          |   |        |  |  |

St. Lawrence O'Toole School JoAnn Diotte FSD (203)312-5825



In addition to our menu specials at St. Lawrence O'Toole School, we also offer a wide variety of entrees served on a daily basis. Choices include:

- Boars' Head Deli Sandwich: Choose from turkey breast, ham, salami, bologna, freshly made tuna or egg salad on a Kaiser Roll or wheat bread.
- Chicken breast nuggets
- Shaker Salads

Side item choices include:

- Seasonal Fresh Fruit - Macintosh Apples, Oranges, Watermelon, Grapes, or Kiwi
- Carrot, Celery, or Cucumber Sticks
- Strawberry, Raspberry, or Cherry Jell-O
- Vanilla or Chocolate Pudding made with 1% milk
- Garden Salad
- Oven Baked French Fries
- Fruit Cup: pineapple, peaches, pears, mandarin oranges, or applesauce

Milk Choices:

- 1% Milk
- Skim Milk
- ½% Chocolate
- Whole
- Orange Juice