



2018

October

Louis M. Klein Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>Special News... More Info... Student Lunch \$2.50 – Daily Menu \$2.50 – Pizza Bar \$3.50 – Deli or Salad Bar <u>All Lunches Include:</u> Entrée, Bread/Grain, Vegetable, Fruit/Juice (e.g. Fresh, Cup of Fruit or Juice) and Choice of 1% White or Fat-Free White or Chocolate Milk. The Daily Soup* - Freshly Prepared Soup of the Day Served in a Cup or Bowl with Whole Grain Bread. <small>* Available A-La-Carte</small> Additional Midday Lunch Options Made to Order Deli Bar - Boars Head Cold Cuts, Grilled Chicken, Chicken or Egg Salad, Assorted Cheeses and Veggies Served on Fresh Bread. Create Your Own Salad* - Choice of Greens with Assorted Meats, Cheeses and Fresh Vegetables to Create Your Own Masterpiece! <small>*Served with Bread/Grain.</small> Pizza Bar - Cheese, Pepperoni and a "Pie of the Day." Menus are subject to change without notice.</p>
1 Pepperoni OR Cheese Stromboli Potato Puffs OR Chicken Marsala Brown Rice Garlic Cauliflower Spinach Salad Melon Cup, Apple Crisp	2 Homemade Macaroni & Cheese Italian Bread OR Meatball Parmesan Wedge Steamed Broccoli Sautéed Corn Apple Slices Grape Cup	3 Homemade Beef Ziti OR Lemon & Thyme Chicken Garlic Bread Roasted Potato Wedges Garden Salad Sautéed Green Beans Pear Cup	4 Cheese Quesadilla OR Chicken Wing Bar Corn bread Chipotle Coleslaw Glazed Carrots Fresh Bananas Red Pepper Strips	5 Hamburgers OR Corn dogs Seasoned Fries Baked Beans Corn Watermelon Mixed Fruit Cup	
8 Columbus Day No School	9 Beef Quesadillas OR Fish & Chips Three Bean Salad Garlic Broccoli Mixed Mellon Cup Pear Cup	10 Egg & Cheese On Bagel OR Homemade French Toast Turkey Sausage Patty Potato Puffs Mixed Green Salad Strawberry Cup Applesauce	11 Mozzarella Sticks & Chicken Tenders OR Three Cheese Stromboli French Fries Steamed Broccoli Red pepper Strips Fresh Apple Strawberry Cup	12 Popcorn Chicken Baked Potato Puffs OR Roasted Turkey Red Roasted Potatoes Steamed Sweet Peas Mixed Fruit Cup Fresh Apple Orange Slices	
15 Chicken Cutlet Sandwich Baked Fries OR Baked Potato Bar W/Chicken Or Beef Sautéed Broccoli Honey Baby Carrots Orange Wedges Pineapple Cup	16 General TSO's Chicken OR Chicken Fajita Veggie Fried Rice Roasted Cauliflower Sweet Peas Mixed Fruit Cup Apple	17 Pasta W/Meatballs & Marinara Sauce OR Chicken Parmesan WW Dinner Roll Red Pepper Strips Green Salad Watermelon Chunks Peach Crisp	18 Beef Taco Bar W/Rice OR Lemon Pepper Chicken Mashed Potatoes Spinach Salad Green Beans Fresh Banana Mixed Fruit Cup	19 Grilled Ham & Cheese OR Chicken Wing Bar Potato Puffs Cauliflower Caesar Salad Melon Cup Grape Cup	
22 Chicken Quesadillas OR Chicken Fajitas Spanish Rice Carrot Sticks Caesar Salad Pineapple Chunks Mixed Fruit Cup	23 Baked Ziti Garlic Bread OR BBQ Roasted Turkey Buttered Noodles Sautéed Corn Garden Salad Peach Cup Red Grapes	24 Spicy Chicken Sandwich OR Grilled Mozzarella Cheese Curry Fries Three Bean Salad Caesar Salad Fresh Fruit Cup Pear Cup	25 Chicken Tenders OR Jerk Chicken Brown Rice WW Dinner Roll Tossed Green Salad Red Pepper Strips Fresh Grapes Melon Cup	26 Cheeseburger Bar W/Choice of Fixings OR Hotdog on a bun Baked Beans Potato Puffs Sweet Peas Strawberry Cup Applesauce	
29 Beef Nacho Bar W/Fiesta Rice OR Chicken Francese W/Roll Mashed Potatoes Steamed Baby Carrots Tossed Salad Watermelon Chunks Fresh Honeydew	30 Pasta Bolognese Garlic Bread OR Pulled BBQ Turkey On Bun Brown Rice Baked Beans Caesar Salad Mixed Fruit Cup, Pear	31 Mummy Dogs OR Ghostly Turkey Chili W/Chips Potato Puffs Steamed Broccoli Fresh Apples Red Grapes	<p>If you have any questions or comments, please call the Food Service Department at 914-630-3114 Julia Lindblad</p>		

Louis M. Klein Middle School – Lunch Menu – October 2018

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs. This includes min-max calories, saturated fat and sodium along with specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk.

This institution is an equal opportunity provider and employer.



October is New Vegetable Month!
Visit Our Deli Bar to Try Our SUN TRIED TOMATOES On Your Salad or Sandwich!

