



# Elementary Cafeteria Lunch Program Calendar



**THE SEED**

**October 2018**

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FT = FIELD TRIP – **DO NOT ORDER**

\* Dessert not included as part of the Entrée \*\* NEW menu item

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| <p>Day 3 <b>1</b></p> <p>All Beef Hotdog &amp; Fresh Fruit</p> <p><i>*Mini Maple Danish</i></p>   | <p>Day 4 <b>2</b></p> <p>Fresh Picnic Plate (bun, cheese, turkey) &amp; Fresh Fruit</p> <p><b>FT Gr 4 All Classes</b></p>                                     | <p>Day 5 <b>3</b></p> <p>Basa Filet, Rice &amp; Mixed Veggies</p> <p><i>*Choc Chip Cookie</i></p> <p><b>FT Gr 2 Turmeau/de Champlain</b></p>                         | <p>Day 6 <b>4</b></p> <p> Falafels, Naan, Hummus, Tzatziki &amp; Fresh Veggies</p> <p></p>  | <p>Day 1 <b>5</b></p> <p>Turkey Meatballs Mashed Potato Corn &amp; Gravy</p> <p><i>*Homemade Pumpkin Pie</i></p> <p><b>FT Gr 1 Ambrosine/Bertoldi</b></p> |
| <p><b>HAPPY THANKSGIVING</b></p> <p><b>NO SCHOOL TODAY</b></p> <p></p>  | <p>Day 2 <b>9</b></p> <p> Simple Simon Sheppard's Pie &amp; Fresh Fruit</p>   | <p>Day 3 <b>10</b></p> <p> Mac n' Cheese &amp; Garden Salad</p> <p><b>** *Baked Blueberry Cream Cheese Fruit Stick</b></p>   | <p>Day 4 <b>11</b></p> <p> Ginger Beef, Rice, Broccoli &amp; Fortune Cookie</p>   | <p>Day 5 <b>12</b></p> <p>Chicken Burger Fresh Fruit</p> <p><i>*Homemade Puffed Wheat Square</i></p> <p><b>FT Gr 1 Tanguay/Solanki</b></p>                |
| <p>Day 6 <b>Nov Ordering Open 15</b></p> <p>BBQ Pulled Pork (on a bun) with Crunchy Coleslaw</p> <p><i>*Homemade Lemon Tart</i></p>   | <p>Day 1 <b>Nov Ordering Open 16</b></p> <p>Chicken Noodle Soup &amp; Fresh Veggies</p> <p></p> <p><b>FT GR 2 Bourque/deChamplain</b></p>                     | <p>Day 2 <b>Nov Ordering Open 17</b></p> <p>Chicken Quesadilla &amp; Fresh Fruit</p> <p><i>*Ginger Molasses Cookie</i></p> <p><b>FT GR 2 Banning/Turmeau</b></p>     | <p>Day 3 <b>Nov Ordering Open 18</b></p> <p>Cinnamon French Toast, Turkey Sausage &amp; Fresh Fruit</p>   | <p>Day 4 <b>Nov Ordering Open 19</b></p> <p> <b>PIZZA DAY LUNCH</b> </p> <p></p>  |
| <p>Day 5 <b>22</b></p> <p>Beef Sliders &amp; Fresh Fruit</p> <p><i>*Snickerdoodle Cookie</i></p> <p><b>FT Gr 4 Daniels/Brodeur</b></p> <p><b>FT Gr 5 Gelinas/Coates</b></p> <p></p> | <p>Day 6 <b>23</b></p> <p> Penne with Marinara Sauce &amp; Focaccia Bread Stick</p> <p><b>FT Gr 4 Daniels/Brodeur</b></p> <p><b>FT Gr 5 Morrison/Jean</b></p> | <p>Day 1 <b>24</b></p> <p>Sweet &amp; Sour Meatballs, Rice &amp; Broccoli</p> <p></p> <p><b>FT Gr 4 Daniels/Brodeur</b></p> <p></p>                                  | <p>Day 2 <b>25</b></p> <p>Chicken Nuggets &amp; Fresh Veggies</p> <p><b>** *Chocolate Coconut Macaroons</b></p> <p><b>FT Gr 4 Daniels/Brodeur</b></p> | <p><b>26</b></p> <p><b>PD Day No School</b></p>   |
| <p>Day 3 <b>29</b></p> <p>Breakfast Sandwich (ham, cheese, english muffin) &amp; Fresh Fruit</p> <p><i>*Variety Pudding</i></p> <p><b>FT Gr 4 Sharp</b></p>                         | <p>Day 4 <b>30</b></p> <p> Mini Perogies &amp; Garden Salad</p> <p><b>FT Gr 4 Sharp</b></p>   | <p>Day 5 <b>31</b></p> <p>Italian Meatball Sub &amp; Fresh Fruit</p> <p><i>*Monster Cookie</i></p> <p><b>FT Gr 4 Sharp</b></p> <p><b>HAPPY HALLOWEEN</b></p> <p></p> | <p> <b>FIELD TRIPS (FT) DO NOT ORDER</b> </p> <p><b>on days your child has a fieldtrip. Please pack a bag lunch.</b></p>                              |   |