

Shutesbury Elementary School Lunch Menu *all meals served with soup, salad, fruit, vegetables and milk*

October 2016

Monday 10/3 Spaghetti with Meatballs, Vegetables, Garlic Bread Spaghetti with Marinara Gluten Free Available	Tuesday 10/4 Apricot Glazed Pork, Sweet Potatoes, Vegetables Roast Tofu Gluten Free	Wednesday 10/5 Chicken Teriyaki with Brown Rice and Veggies Veggie Lo Mien Gluten Free Available	Thursday 10/6 Chicken Caesar Salad with Croutons, Vegetables Caesar Salad Gluten Free	Friday 10/7 Cheeseburger Pizza, Veggie Pizza or Cheese Gluten Free Available
10/10 No School	10/11 Baked Potato Bar with Vegetables and Toppings Gluten Free	10/12 Cheeseburgers with Potato Salad, Vegetables Black Bean Burgers Gluten Free Available	10/13 Chicken Tacos with Spanish Rice and Corn Refried Bean Tacos Gluten Free	10/14 Bar-B-Que Chicken, Bacon Ranch Pizza, Veggie Pizza or Cheese Pizza Gluten Free Available
10/17 Macaroni and Cheese, Vegetables, Garlic Bread Gluten Free Available	10/18 Louisiana Meatloaf with Mashed Potatoes, Vegetables Bar-B-Que Tofu Gluten Free	10/19 Grilled Ham and Cheese with Creamy Tomato Soup Grilled Cheese Gluten Free Available	10/20 Chicken Fried Rice with Egg Rolls Veggie Fried Rice Gluten Free	10/21 No School
10/24 Penne with Meat Sauce, Vegetables Penne with Marinara Gluten Free Available	10/25 Roast Turkey with Vegetables, Mashed Potatoes and Gravy Roast Tofu Gluten Free	10/26 Cheeseburgers, Coleslaw, Vegetables Black Bean Burgers Gluten Free Available	10/27 Cheeseburger Salad, Vegetables, Fresh Bread Black Bean and Corn Salad Gluten Free	10/28 Pepperoni Pizza, Veggie Pizza or Cheese Pizza Gluten Free Available
10/31 Shells with Alfredo Sauce and Broccoli Gluten Free Available				

All menus subject to change without notice. Prior notice is necessary for gluten free options!