

**Shutesbury Elementary School Lunch Menu** *all meals served with soup, salad, fruit, vegetables and milk*  
**October 2014**

Monday	Tuesday	Wednesday 10/1 Pear Pancake with Scrambled Eggs and Homefries	Thursday 10/2 Chicken Stir Fry with Brown Rice Alternate: Veggie Stir Fry	Friday 10/3 Chicken Parmesan Pizza or Veggie Pizza Alternate: Cheese Pizza
10/6 Macaroni and Cheese, Peas and Carrots	10/7 Cheeseburgers, Oven Fries and Vegetables Alternate: Black Bean Burgers	10/8 French Toast with Scrambled Eggs and Home Fries	10/9 Meatloaf with Bar-B-Que Sauce, Mashed Sweet Potatoes, Vegetables Alternate: Bar-B-Que Tofu	10/10 Cheeseburger Pizza or Veggie Pizza, Black Bean and Corn Salad Alternate: Cheese Pizza
10/13 <b>No School</b>	10/14 Cheeseburgers, Oven Fries and Vegetables Alternate: Black Bean Burgers	10/15 Apple Pancake with Scrambled Eggs and Home Fries	10/16 Turkey Enchiladas with Spanish Rice and Corn Alternate: Black Bean Enchiladas	10/17 Pepperoni Pizza or Veggie Pizza Alternate: Cheese Pizza
10/20 Beef Taco Bar with Toppings, Santa Fe Rice and Corn Alternate: Refried Bean Tacos	10/21 Cheeseburgers, Oven Fries and Vegetables Alternate: Black Bean Burgers	10/22 Grilled Cheese, Vegetables and Creamy Tomato Soup	10/23 Chicken Teriyaki with Rice, Vegetables and Thai Dipping Sauce Alternate: Tofu Teriyaki	10/24 <b>No School</b>
10/27 Cheeseburgers, Oven Fries and Vegetables Alternate: Black Bean Burgers	10/28 Beef Burritos, Brown Rice and Corn Alternate: Bean Burritos	10/29 French Toast with Scrambled Eggs and Homefries	10/30 Meatball Grinders, Rotini and Vegetables Alternate: Rotini with Butter and Parmesan	10/31 Chicken and Bacon Ranch Pizza or Veggie Pizza Alternate: Cheese Pizza

**All menus subject to change without notice.**