

# Garfield School ~ October, 2024

## BREAKFAST

<b>30</b>	<b>October 1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Cereal Hot or Cold</b>	<b>Egg Sandwiches</b>	<b>Whole Grain Muffins</b>	<b>Potatoes and Eggs</b>	<b>French Toast</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Cereal Hot or Cold</b>	<b>Egg Sandwiches</b>	<b>Whole Grain Muffins</b>	<b>Potatoes and Eggs</b>	<b>Pancakes</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Cereal Hot or Cold</b>	<b>Egg Sandwiches</b>	<b>Whole Grain Muffins</b>	<b>Potatoes and Eggs</b>	<b>Waffle</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Cereal Hot or Cold</b>	<b>Egg Sandwiches</b>	<b>Whole Grain Muffins</b>	<b>Potatoes and Eggs</b>	<b>French Toast</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Nov. 1</b>
<b>Cereal Hot or Cold</b>	<b>Egg Sandwiches</b>	<b>Whole Grain Muffins</b>	<b>Potatoes and Eggs</b>	<b>NO SCHOOL (Inservice)</b>

Fresh fruit, yogurt, and milk are offered daily  
 Cream cheese and nut/seed butters are available as well as egg substitutes      Milk substitute available

**No Cost/Free Meals**

## LUNCH

Pizza	Pasta	Classic	Cultural	Soup/Sandwich
<b>30</b>	<b>October 1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>PIZZA – Cheese/ Pepperoni/Pesto</b>	<b>Pasta Primavera w/chicken</b>	<b>Fish and Chips</b>	<b>Ramen with Pork and Egg</b>	<b>Lemon Chicken Soup and House Rolls</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>PIZZA – Cheese/ Pepperoni/Pesto</b>	<b>Baked Ziti</b>	<b>Beef Stew</b>	<b>Chicken Parmesan Over Pasta</b>	<b>Broccoli/Cheddar Soup w/ Corn Bread</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>PIZZA – Cheese/ Pepperoni/Pesto</b>	<b>Beef Stroganoff Egg Noodles</b>	<b>Chili w/Beef and Polenta</b>	<b>Egg Fried Rice w/Pork</b>	<b>Chicken Noodle Soup w/ House rolls</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>PIZZA – Cheese/ Pepperoni/Pesto</b>	<b>Ricotta Pasta Penne w/chicken</b>	<b>Cheeseburgers and Fries</b>	<b>Fish Tacos</b>	<b>Minestrone Soup w/Quesadillas</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Nov. 1</b>
<b>PIZZA – Cheese/ Pepperoni/Pesto</b>	<b>Spaghetti w/ Beef and Garlic Bread</b>	<b>Roasted Lemon Chicken</b>	<b>Pad Thai</b>	<b>NO SCHOOL (Inservice)</b>

Fresh fruit, vegetables, and milk offered daily  
 Every meal can be ordered vegetarian      All meals can be prepared allergen free

**No Cost/Free Meals**