

## Gouverneur Elementary School October Menu 2021

This Institution is an equal opportunity provider and employer

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| <b>Breakfast &amp; Lunch<br/>Free to all<br/>Students!!</b>                               |        |   |    | <b>1</b><br>(1)Boneless Chicken Wings<br>Rice Pilaf<br>Celery Sticks<br>Fruit & Milk  |
| <b>4</b><br>(1)French Toast Sticks<br>Roasted Butternut Squash<br>Sausage<br>Fruit & Milk | <b>5</b><br>(1)Popcorn Chicken<br>Garlic Breadstick<br>Black Bean Salad<br>Fruit & Milk | <b>6</b><br>(1)Homemade Pizza<br>Broccoli Salad<br>Fruit & Milk   | <b>7</b><br>(1)Chicken & Biscuits<br>Mashed Potatoes<br>Fruit & Milk  | <b>8</b><br>(1)Buffalo Chicken Bake<br>Cheese Filled Breadstick<br>Cucumber slices<br>Fruit & Milk                            |
| <b>11</b><br>No School<br>Happy Columbus Day  | <b>12</b><br>(1)Hotdog or Hamburger on Roll<br>Baked Beans<br>Fruit & Milk              | <b>13</b><br>(1)Homemade Pizza<br>Cucumber Slices<br>Fruit & Milk   | <b>14</b><br>(1)"Loaded Potato Bowl" (Popcorn chicken, Mashed potatoes, Gravy, Cheddar cheese)<br>Steamed Corn, Biscuit<br>Fruit & Milk | <b>15</b><br>(1)Mac & Cheese<br>Garlic Breadstick<br>Red Pepper Strips<br>Fruit & Milk  |
| <b>18</b><br>(1)Chicken Parm Sandwich<br>Waffle Fries<br>Fruit & Milk                     | <b>19</b><br>(1)Tacos w/ Lettuce and Cheese<br>Steamed Carrots<br>Fruit & Milk          | <b>20</b><br>(1)Homemade Pizza<br>Caesar Salad<br>Fruit & Milk<br> | <b>21</b><br>(1)Pasta With Sauce<br>Iceberg Garden Salad<br>Fruit & Milk  | <b>22</b><br>(1)Sampler- 3 Boneless Wings,<br>3 Mozz Sticks,<br>Cheesed filled Breadstick<br>Three Bean Salad<br>Fruit & Milk |
| <b>25</b><br>(1)Pizza Dunkers<br>Three Bean Salad<br>Fruit & Milk                         | <b>26</b><br>(1)Orange Chicken<br>Steamed Rice<br>Steamed Broccoli<br>Fruit & Milk      | <b>27</b><br>(1)Homemade Pizza<br>Iceberg Garden Salad<br>Fruit & Milk  | <b>28</b><br>(1)Roasted Turkey<br>Mashed Potatoes<br>Stuffing, Butternut Squash<br>Fruit & Milk   | <b>29</b><br>(1)Hot Meatball Sub<br>Steamed Carrots<br>Fruit & Milk   |
| <u>Monday's Alternates</u><br>(2)Chicken Tenders w/ Breadstick<br>(3)PBJ Sandwich         | <u>Tuesday's Alternates</u><br>(2)Hamburger on Roll<br>(3)PBJ Sandwich                  | <u>Wednesday's Alternates</u><br>(2)Chef Salads<br>(3) PBJ Sandwich   | <u>Thursday's Alternates</u><br>(2)Chicken Burger on Roll<br>(3)PBJ Sandwich  | <u>Friday's Alternates</u><br>(2)Baked Haddock Sandwich<br>(3) PBJ Sandwich   |
| Cereal<br>Fruit or Juice and Milk   | Pop Tarts<br>Fruit or Juice and Milk  | <u>Breakfast</u><br>Yogurt w/ Graham Crackers<br>Fruit or Juice and Milk  | Cereal<br>Fruit or Juice and Milk   | Frudels or Donuts<br>Fruit or Juice and Milk  |