





Please fill out a new free & reduced form for this year.

October 2018 ~ Elementary School Menu

Lunch price ~ \$2.75 per day
 Snack & cold milk price ~ \$.50
 Breakfast price ~ \$1.25 per day

	Monday	Tuesday	Wednesday	Thursday	Friday		
	1 Chicken tender wrap lettuce/tomato, broccoli, pears or pizza	2 Hot dog on a bun, potato wedges, baked beans, peaches or meatball sub	3 Macaroni & cheese, ham, sweet potato wedges, applesauce, carrots or fish sandwich with tartar sauce	4 Cheeseburger, lettuce, pickles, mixed cali blend veggies, pineapple, potato smiles or bbq pork sandwich	5 1/2 day of school ham & cheese wrap, salad, mixed fruit one choice only	Breakfast offered daily, choice of cereal, yogurt, breakfast bar, fresh fruit, 100% fruit juice & milk	There is no charging of milks or snacks
You may fill out a free & reduced any time during the school year	8 no school 	9 Chicken alfredo with a twist, green beans muffin, applesauce or pizza	10 Beef or chicken nacho's, refried beans, shredded lettuce & tomato, corn, fries, pears	11 French toast sticks sausages, hash browns, pineapple pieces or pancakes	12 Sal's pizza, romaine & spinach salad, mixed fruit or tuna salad	Milk \$.50 1% white, Skim & Nonfat chocolate	
	15 Chicken patty, lettuce, pickles on a w/w bun, green beans, sweet potato puff, peaches or pizza	16 Taco's (beef or chicken) salsa, shredded lettuce & tomato, calico beans, salsa, corn, pears & fries	17 Pasta, plain or red sauce, sliced turkey or ham, garlic bread, broccoli, applesauce National Pasta Day	18 Appetizer plate, chicken fries, meatballs, carrots & hummus, bread stick & sauces, potato smiles, pineapple or ham & cheese melt on a bun	19 Papa Gino's pizza, spinach/romaine salad, mixed fruit, or tuna salad	Daily Offerings of assorted vegetables & fruit	
Menu items subject to substitution by items of equal nutritional value	22 Chicken and waffles, broccoli, waffle fries pears or pizza	23 cheeseburger mac and cheese, muffin, carrots, pineapple, or turkey & cheese wrap	24 Sliced turkey or ham, gravy, mashed potato, green beans roll, applesauce	25 BBQ pulled pork on a roll, baked beans, fries, cole slaw, pears, or ham & cheese melt	26 Pizza, spinach/romaine salad, mixed fruit, or tuna salad		
	29 Bat (Chicken) nuggets, honey mustard or bbq sauce dipping sauces, sweet potato fries, green beans, rice, peaches or pizza	30 Mummy dog (Hot dog on a bun, with chili & cheese, (or without) potato wedges, baked beans, peaches or chili w/cheese & crackers	31 Witches brew (tomato soup, baked cheese, sandwich, sweet potato wedges, pineapple, carrots or fish sandwich with tartar sauce				

School Meals Improve Learning Environments



We have a job opening in our Elementary School Nutrition Program

3.5 hours a day
10:30am - 2pm

for more info contact
Linda Hopey
659-5020

hopeyl@newmarket.k12.nh.us

USDA is an equal opportunity provider and employer

Last years free & reduced eligibility is good until 10/3/18
 please fill out your new form if you need help contact hopeyl@newmarket.k12.nh.us or 603-292-7934

You can pay online at ~ myschoolbucks.com

