

# OCTOBER 2020

## DOVER ELEMENTARY SCHOOL

All lunches include choice of entrée, deli sandwich, fresh fruit & vegetables, choice of local dairy 1% or fat free chocolate milk.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

CHICKEN TENDERS **5**  
 WW DINNER ROLL  
 GREEN BEANS  
 FRESH FRUIT  
 FAT FREE 1% MILK  
 HAM, TURKEY OR CHEESE SANDWICH

CHEESY BREADSTICKS **6**  
 W SAUCE  
 PEAS  
 FAT FREE OR 1% MILK  
 FRESH FRUIT  
 HAM, TURKEY OR CHEESE SANDWICH

CHEESE BURGER ON WWBUN **7**  
 FRENCH FRIES  
 CARROT STICKS  
 FAT FREE OR 1% MILK  
 FRESH FRUIT  
 HAM, TURKEY OR CHEESE SANDWICH

HOT DOG **1**  
 BAKED BEANS  
 GREEN BEANS  
 FAT FREE OR 1% MILK  
 FRESH FRUIT  
 HAM, TURKEY OR CHEESE SANDWICH

PIZZA **2**  
 BROCCOLI  
 FRESH FRUIT  
 FAT FREE OR 1% MILK  
 HAM, TURKEY OR CHEESE SANDWICH

**NO SCHOOL** **12**  
**COLUMBUS DAY**

FRENCH TOAST STICKS **13**  
 SAUSAGE LINK  
 CARROT STICKS  
 FAT FREE OR 1% MILK  
 FRESH FRUIT  
 HAM, TURKEY OR CHEESE SANDWICH

PASTA W MEATSAUCE **14**  
 WW ROLL  
 GREEN BEANS  
 FRESH FRUIT  
 FAT FREE 1% MILK  
 HAM, TURKEY OR CHEESE SANDWICH

NACHO **8**  
 BLACK BEAN & RICE  
 CORN  
 FRESH FRUIT  
 FAT FREE MILK  
 HAM, TURKEY OR CHEESE SANDWICH

PIZZA **9**  
 BROCCOLI  
 FRESH FRUIT  
 FAT FREE OR 1% MILK  
 HAM, TURKEY OR CHEESE SANDWICH

GRILLED CHEESE **15**  
 BLACK BEANS & RICE  
 CARROT STICKS  
 FAT FREE OR 1% MILK  
 FRESH FRUIT  
 HAM, TURKEY OR CHEESE SANDWICH

PIZZA **16**  
 BROCCOLI  
 FRESH FRUIT  
 FAT FREE OR 1% MILK  
 HAM, TURKEY OR CHEESE SANDWICH

CHEESE BURGER ON WW BUN **19**  
 FRENCH FRIES  
 CARROT STICKS  
 FAT FREE OR 1% MILK  
 FRESH FRUIT  
 HAM, TURKEY OR CHEESE SANDWICH

CHICKEN ON BUN **20**  
 MIXED VEGETABLES  
 BAKED BEANS  
 FAT FREE OR 1% MILK  
 FRESH FRUIT  
 HAM, TURKEY OR CHEESE SANDWICH

MOZZARELLA STICKS **21**  
 W SAUCE  
 PEAS  
 FAT FREE OR 1% MILK  
 FRESH FRUIT  
 HAM, TURKEY OR CHEESE SANDWICH

CHICKEN DRUMSTICK **22**  
 MASHED POTATOES  
 CORN  
 FRESH FRUIT  
 FAT FREE MILK  
 HAM, TURKEY OR CHEESE SANDWICH

PIZZA **23**  
 BROCCOLI  
 FRESH FRUIT  
 FAT FREE OR 1% MILK  
 HAM, TURKEY OR CHEESE SANDWICH

MAPLE PANCAKES **26**  
 W/ BACON  
 CUCUMBER STICKS  
 FRESH FRUIT  
 FAT FRE OR 1% MILK  
 HAM, TURKEY, CHEESE SANDWICH

PIZZA BITES **27**  
 BAKED BEAN  
 BROCCOLI  
 FRESH FRUIT  
 FAT FREE OR 1% MILK  
 HAM, TURKEY OR CHEESE SANDWICH

CHICKEN TENDERS **28**  
 WW DINNER ROLL  
 GREEN BEANS  
 FRESH FRUIT  
 FAT FREE 1% MILK  
 HAM, TURKEY OR CHEESE SANDWICH

NACHO **29**  
 BLACK BEAN & RICE  
 CORN  
 FRESH FRUIT  
 FAT FREE MILK  
 HAM, TURKEY OR CHEESE SANWICH

PIZZA **30**  
 BROCCOLI  
 FRESH FRUIT  
 FAT FREE OR 1% MILK  
 HAM, TURKEY OR CHEESE SANDWICH

PLEASE FILL OUT CEP FREE & REDUCED APPLICATIONS. AVAILABLE IN DINING HALL AND ON SCHOOL WEBSITE. SPECIAL DIETARY NEEDS PLEASE CONTACT, CAROL JANKOWSKI @ 845-877-5700X1260.

