



Eastbrook Academy

October 2019

Celebrate National School Lunch Week with us 10/14-10/16! Each lunch is served with a special treat!

1
Chicken Nuggets
OR
Muffin, Cheese & Yogurt

Baked Fries, Salad, Banana, 100% Fruit Juice

2
Chicken Patty Sandwich
OR
Turkey & Cheese Sdw

Tater Tots, Steamed Broccoli, Peaches, 100% Fruit Juice

3
Beef Tacos
OR
Muffin, Cheese & Yogurt

Refried Beans, Corn, Salad, Applesauce, 100% Juice

4
Pepperoni Pizza
OR
Popcorn Chicken Salad

Baby Carrots, Cucumbers, Salad, Strawberries, Pears

7
Cheesy Quesadilla
OR
Ham & Cheese Sdw

Broccoli, Salad, Peaches, Oranges, 100% Juice

8
Cheeseburger
OR
Muffin, Cheese & Yogurt

Baked Fries, Red Peppers, Pears, 100% Juice

9
Cheesy Pizza Dippers
OR
Turkey & Cheese Sdw

Roasted Carrots, Salad, Apples, 100% Juice

10
Fish Sticks w/ Mac & Cheese
OR
Muffin, Cheese & Yogurt

Tater Tots, Salad, Applesauce, 100% Juice

11
Turkey Hot Dog
OR
Popcorn Chicken Salad

Baked Fries, Salad, Pears, Blueberries

Happy National School Lunch Week! Join us for lunch and a special treat!

14
Beef Nachos
OR
Ham & Cheese Sdw

Refried Beans, Salad, Oranges, 100% Juice, **Chocolate Pudding**

15
Grilled Cheese
OR
Muffin, Cheese & Yogurt

Steamed Corn, Salad, Bananas, 100% Juice, **Whole Grain Cookie**

16
Spaghetti & Meatballs
OR
Turkey & Cheese Sdw

Mashed Potatoes, Salad, Peaches, 100% Juice, **Rice Krispie Treat**

17
No School!

18
No School!

21
Chicken Tenders
OR
Ham & Cheese Sdw

Baked Fries, Baby Carrots, Salad, Mixed Fruit, 100% Juice

22
Cheesy Pizza Dippers
OR
Muffin, Cheese & Yogurt

Baby Carrots, Salad, Banana, 100% Juice

23
Cheeseburger
OR
Turkey & Cheese Sdw

Baked Fries, Salad, Apples, 100% Juice

24
French Toast Sticks w/ Egg Patty
OR
Muffin, Cheese & Yogurt

Hash Brown Patty, Salad, Applesauce, 100% Juice

25
Mini Corn Dogs
OR
Popcorn Chicken Salad

Streamed Broccoli, Red Peppers, Salad, Blueberries

28
Beef Tacos
OR
Ham & Cheese Sdw

Steamed Corn, Fresh Carrots, Mixed Fruit, 100% Juice

29
Cheesy Flatbread Pizza
OR
Muffin, Cheese & Yogurt

Baked Fries, Salad, Bananas, 100% Juice

30
Chicken Patty Sandwich
OR
Turkey & Cheese Sdw

Green Beans, Apples, Peaches, 100% Juice

31 Happy Halloween!
Chicken Tacos
OR
Muffin, Cheese & Yogurt

Refried Beans, Salad, Applesauce, 100% Juice, **Halloween Treat!**

Food Items may be manufactured in a facility that contains peanuts & tree nuts. Aramark does not intentionally add any peanuts or tree nuts to food that is on the menu unless otherwise noted.

Prices
Lower & Upper School: \$3.50
Adults: \$4.15
Milk: \$0.40 (A La Carte)

Please note: Menu is Subject to change without notice

All lunches include Milk
Milk Choices: 1% White, Skim or Chocolate Skim

Questions or Concerns? Please contact Oksana Shkurdoda at OShkurdoda@eastbrookacademy.org

