

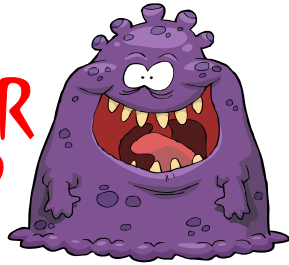
# MENUS FOR OCTOBER 2015

BREAKFAST \$1.25  
LUNCH \$2.50

## NESHAMINY ELEMENTARY SCHOOLS

This institution is an equal opportunity provider.

### ARE YOU READY FOR THIS GUY?



The flu bug makes the scene in October and can stick around until May! The flu vaccine can keep the bug at bay, help limit the spread of the flu in our community, and make the illness less severe if you do come down with it.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

# SCHOOL LUNCH snapshot™

JOIN US FOR NATIONAL SCHOOL LUNCH WEEK  
OCT. 12-16, 2015

## AVAILABLE DAILY

**Breakfast Choice:** Breakfast Sandwich, Cereal Choice, Bagel, Breakfast Bun, PopTart. All Breakfasts offer **Apple, Banana, Juice Choice** and **Milk**. Must take a fruit or juice for a complete meal.

**Lunch Choice:** Hot Dog, Cheeseburger, Salad Bar, Pizza, Tuna or SB&J Sandwich. Must take a **fruit, juice** or **veggie** for a complete meal.

**Note:** SB&J—Sunflower butter & jelly. Extra Items are free with your meal but do not count as a required component.

### Thursday, October 1

**Breakfast**  
Pancake/Sausage Stick or Breakfast Choice Above

**Lunch**  
**Mini Tacos**  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice  
Extra: Pudding Choice

### Friday, October 2

**Breakfast**  
Mini Pancakes or Breakfast Choice Above

**Lunch**  
**French Toast Sticks**  
w/wo Sausage  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice  
Extra: Hash Brown Potato

### Monday, October 5

**Breakfast**  
Mini Pancakes or Breakfast Choice Above

**Lunch**  
**Max Stix**  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

### Tuesday, October 6

**Breakfast**  
Pancake/Sausage Stick or Breakfast Choice Above

**Lunch**  
**Chicken Bites**  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

### Wednesday, October 7

**Breakfast**  
Mini Pancakes or Breakfast Choice Above

**Lunch**  
**Domino's Pizza**  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

### Thursday, October 8

**Breakfast**  
Pancake/Sausage Stick or Breakfast Choice Above

**Lunch**  
**Pasta** w/wo Meatballs  
w/wo Roll  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

### Friday, October 9

**Breakfast**  
Mini Pancakes or Breakfast Choice Above

**Lunch**  
**Mini Corn Dogs**  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

### Monday, October 12

**Breakfast**  
Mini Pancakes or Breakfast Choice Above

**Lunch**  
**Mozzarella Sticks**  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

### Tuesday, October 13

**Breakfast**  
Pancake/Sausage Stick or Breakfast Choice Above

**Lunch**  
**Popcorn Chicken**  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

### Wednesday, October 14

**Breakfast**  
Mini Pancakes or Breakfast Choice Above

**Lunch**  
**Domino's Pizza**  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

### Thursday, October 15

**Breakfast**  
Pancake/Sausage Stick or Breakfast Choice Above

**Lunch**  
**Nachos**  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice  
Extra: Pudding Choice

### Friday, October 16

**Breakfast**  
Mini Pancakes or Breakfast Choice Above

**Lunch**  
**Shrimp Popcorn**  
or Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

National School Lunch Week—Join us for lunch this week!

Free Chillin' Bat Icee on Friday,  
October 30th with the  
Purchase of a Lunch.



**PARENTS:**  
For your convenience and peace of mind, you can pay for meals online at [www.ParentOnline.net](http://www.ParentOnline.net)  
Cost is 5% per deposit.  
... or you can pay by cash or check to your cafeteria.



Free and Reduced Price School Meal Application

Applying for Free and Reduced Meals has gotten easier!  
Apply online at [www.paschoolmeals.com](http://www.paschoolmeals.com)  
Call the Food Service office if you need help.  
215-809-6540

**HELP!**

Join the Food Service Team as a substitute. Pay is \$9.00/hr. Work only when your Neshaminy child is in school! Apply at [www.source4teachers.com/SAMS](http://www.source4teachers.com/SAMS) or call 215-809-6540 for more information.

**SOURCE 4 TEACHERS**  
Educational Staffing Solutions

Milk Choice:  
Fat Free  
Chocolate or  
Strawberry,  
1% White



**Vegetables & Fruits That May Be Offered**

Baby Carrots/Dip	Apple
Baked Fries	Apple Juice
Broccoli /Dip	Applesauce
Broccoli Cooked	Apple Slices
Carrot Coins	Banana
Cauliflower	Grapes
Celery Sticks/Dip	Mandarin Orange
Corn	Mixed Fruit
Cucumber/Dip	Orange
Garbanzo Beans	Orange Juice
Green Beans	Peach Slices
Hash Brown Potato	Pear Slices
Peas	Pineapple Tidbits
Refried Beans	Strawberries
Spinach	
Vegetarian Beans	

First things First -- New This Year!

Choose at least **ONE** serving of **FRUIT** and at least **THREE** items **TOTAL** so your meal counts as a Complete Breakfast!

**BREAKFAST@SCHOOL**  
For first-class learning!

Monday, October 19

**Breakfast**  
Mini Pancakes or other Breakfast Choice

**Lunch**  
Calzonettes  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

Tuesday, October 20

**Breakfast**  
Pancake/Sausage Stick or other Breakfast Choice

**Lunch**  
Chicken Patty Sandwich  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

Wednesday, October 21

**Breakfast**  
Mini Pancakes or Breakfast Choice Above

**Lunch**  
Domino's Pizza  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

Thursday, October 22

**Breakfast**  
Pancake/Sausage Stick or Breakfast Choice Above

**Lunch**  
Steak Sandwich  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

Friday, October 23

**Breakfast**  
Mini Pancakes or Breakfast Choice Above

**Lunch**  
Cheese Quesadilla  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

Monday, October 26

**Breakfast**  
Mini Pancakes or Breakfast Choice Above

**Lunch**  
Mini Pizza Bagels  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

Tuesday, October 27

**Breakfast**  
Pancake/Sausage Stick or other Breakfast Choice

**Lunch**  
Chicken Sticks  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

Wednesday, October 28

**Breakfast**  
Mini Pancakes or Breakfast Choice Above

**Lunch**  
Domino's Pizza  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice

Thursday, October 29

**Breakfast**  
Pancake/Sausage Stick or Breakfast Choice Above

**Lunch**  
Tacos  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice  
Extra: Pudding Choice

Friday, October 30

**Breakfast**  
Mini Pancakes or Breakfast Choice Above

**Lunch**  
French Toast Sticks  
w/wo Sausage  
w/wo Hash Brown Potato  
Vegetable Choice  
Fruit or Juice Choice  
Milk Choice  
Extra: Hash Brown Potato  
**\*FREE\* Chillin Bat Icee as Fruit Choice**  
**HAPPY HALLOWEEN**

**DON'T 4-GET!**

Take at least **ONE**

**FRUIT or VEGGIE**

and at least **THREE** items total so your meal counts as a complete lunch!