# **OCTOBER 2024**

## Health-e Pro



|   | MON  | TUE  | WED  | THU  | FRI   |
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|   | CARROTS/CELERY<br>STICKS<br>EVERYDAY   | 1 Sausage Pizza<br>Broccoli & Dip<br>Mandarin Oranges/Apple<br>Graham Cracker<br>SB: Grilled Chicken<br>ZONE: Salami & Cheese  | 2 Macaroni& Cheese Green Beans or Veggies w/Hummus Cinnamon Apples/Orange Pretzels SB: Biscuit & Sausage gravy ZONE: EZ JAMMERS            | 3 Country Fried Steak Mashed Potatoes Mixed Fruit/Apple W/G Bread SB:Chicken Quesadilla ZONE: Cheese & Crackers  | 4 Chicken Twister Lettuce & Cheese Fresh Grapes/Orange Fruitables Punch ALT: Chicken Sandwich SB:Coney Dog Bar ZONE: EZ JAMMERS   |
| - | 7 Waiver Day NO STUDENTS   | 8 Hamburger Sandwich<br>French Fries<br>Diced Peaches/Apple<br>S'more Snack<br>SB:Grilled Chicken .<br>ZONE:Yogurt   | 9 Pepperoni Pizza Bean Bag Salsa Pineapple Chunks/Orange Potato Chips  SB :Cheese Sticks ZONE:EZ JAMMERS                                   | Beef Noodles Cooked Carrots Fresh Apple Slices Cinnamon Swirl Cake SB: Quesadilla ZONE: Cheese& Crackers   | 11 Breadsticks/Marinara Broccoli Salad Craisins/Orange Vanilla Wafers ALT: Popcorn. Chicken SB: Taco Bar ZONE: Yogurt & Graham  |
|   | 14 Breaded Drumstick Green Beans Tropical Fruit Mix/Apple W/G Dinner Roll ALT:Pepperoni Pizza SB: Sausage & Egg Sandwich ZONE: Yogurt Graham   | 15 Hotdog Sandwich<br>Waffle Fries,Carrots/Dip<br>Fresh Orange Wedges<br>W/G Carnival Cookie<br>SB: Baked Potato Bar<br>ZONE: EZ JAMMERS   | Chicken Patty Sand Corn/Hummus Diced Peaches/Apple Ice Cream Cup SB:Breadsticks/Marinara ZONE:Salami & Cheese                              | 17 Taco Pizza Steamed Broccoli Mixed Fruit/Orange Yogurt  SB: Chicken Twister ZONE: EZ JAMMER  | 18 French Toast & Syrup Cubed Potatoes Strawberries/Apple Cheese Stick ALT: Chicken Patty Sandwich SB: Pasta Bar ZONE: Yogurt & Graham  |
|   | 21 Pork Tenderloin Sand Coleslaw Cinnamon Apples/Orange Graham Cracker ALT:Sausage Pizza SB:Beef & Cheddar Sand. ZONE: Cheese & Crackers   | 22 Hamburger Sandwich Baked Beans Mandarin Oranges/Apple Pretzels SB: Submarine Sandwich ZONE: EZ JAMMER   | 23 Meatballs and Sauce<br>Romain w/ Ranch<br>Diced Peaches/Orange<br>Whole Grain Dinner Roll<br>SB: Grilled Cheese<br>ZONE:Yogurt & Graham | Pizza Melt Corn Banana/Apple Fruit Snack SB: Shrimp ZONE: EZ JAMMERS   | 25 Sausage & egg sand. Fresh Carrot and Ranch Diced Pears/Orange Orange sherbert Cup ALT:Chicken Nuggets SB: Hot Dog Bar Yogurt & Graham  |
|   | No School Teacher In service   | No School Teacher In service   | Pork BBQ Sandwich Romaine Salad/ House Applesauce/Apple  | 31 Grilled Cheese<br>Tomato Soup/Goldfish<br>Peaches/Orange  | Spooky  |

Applesauce/Apple

SB: Cheese Sticks

**EZ JAMMERS** 

**Brownie** 

Peaches/Orange

Celery & Carrots

SB:Stuff Crust Pizza

Yogurt & Graham

Same

greetings on this

Halloween night!

### **ANNOUNCEMENTS**

Ensure completion of the Free/Reduced Lunch Application for the 24-25 School Year.

Specific notes: SB= Salad Bar for 7-12 grades only, ALT= 7-12 grades only.

#### **MENU SUBJECT TO CHANGE**

If you are not getting lunch balance emails, Call or email ahrens.ashley@coldwatercavs.org 419-678-2480 ext.5151

### **MEAL PRICES**

K-8 \$2.15 9-12 \$2.25 Adult: \$2.75 + drink Juice \$0.25 Milk \$0.55 **Water \$.55** 

Ala Cart: Ice cream \$1.00 **Chips \$.75**