



October

SILVER LAKE REGIONAL MIDDLE SCHOOL 2009

Monday

Tuesday

Wednesday

Thursday

Friday

<p>\$2.25 Lunch Includes entree, veggies, fruit, milk Daily Lunch choices: Gourmet Salad Bar Variety of Deli Sandwiches AlaCarte Yogurt / Fresh Fruit Milk / Juice / Water Menu Subject to Change</p>	<p>Diane M. Nicholls, FSD 781-582-3555 ex 3256</p>		<p>1 Deli Style Hot Dog on a roll Baked Veggie Beans Oven Fries Fruit / Milk</p>	<p>2 Sal's Fresh Pizza Antipasto Salad Gold Fish Warm Blueberry Crisp w/whip topping Fruit / Milk</p>
<p>5 Chicken Drumsticks Whipped Garlic Mashed Savory Green Beans Warm Wheat Roll Fruit / Milk</p>	<p>6 Nacho Plate w/Cheese Sauce Salsa & Sour Cream Corn Chips Mexicala Rice Sweet Corn Niblets Fruit / Milk</p>	<p>7 Hamburger / Cheeseburger on a roll Lettuce w/ sliced tomato Marinated Cucumber Salad Sun Chips Apple / Milk</p>	<p>8 Baked Stuffed Shells w/ Parmesan Cheese Tomato Basil Mozz. Salad Texas Toast Fruit / Milk</p>	<p>9 Sal's Cheese Pizza Lite Caesar Salad Warm Apple Crisp w/ whip topping Fruit / Milk</p>
<p>12 Columbus Day</p>	<p>13 Staff In-Service No School Today</p>	<p>14 Breakfast For Lunch Baked Waffles w/ warm Cinn. Sliced Apples Maple Syrup Sausage Links 100% OJ & Milk</p>	<p>15 Buffalo Or Crispy Style Chicken Patty Sandwich Lettuce & Tomato Roasted Potato Wedges Celery & Carrots sticks w/ranch dip Fruit / Milk</p>	<p>16 Double Stuffed Crust Whole Grain Cheese Pizza Lite Italian Salad Gold Fish Pretzels Cheese cubes Fruit / Milk</p>
<p>19 Mozzerella Cheese Stixs w/ warm Marinaria Sauce Seasoned Buttered Pasta Fresh Broccoli Fruit / Milk</p>	<p>20 Toasted Cheese or Ham w/ Cheese Sandwich w/soup Gold Fish Crackers Veggie Tray w/ ranch dip Fruit / Milk</p>	<p>21 MeatBall Sub w/Parmesan Cheese Crispy Potato Puffs Green Beans Fruit / Milk</p>	<p>22 Crispy Chicken Nuggets w/ dipping sauce Warm Whipped Potatoes Baby Peas Warm Wheat Roll Fruit / Milk</p>	<p>23 Sal's Fresh Pizza Antipasto Salad Potato Chips Warm Pear Crisp w/whip topping Fruit / Milk</p>
<p>26 Baked Macaroni & Cheese Fresh Broccoli Salad Warm Bread Stix Jello w/ whip topping Fruit / Milk</p>	<p>27 Chicken Caesar Salad Wraps Sweet Potato Fries Cup Of Soup Veggie Tray w/ ranch dip Fruit / Milk</p>	<p>28 Bagel Bar Ray's New York Bagels Plain or French Toast w/ cream cheese 4 oz. yogurt Sausage Patty Watermelon chunks / Milk</p>	<p>29 American Chop Suey w/ grated parmesan cheese Lite Tossed Salad Garlic Toast Fruit / Milk</p>	<p>30 Double Stuffed Crust Whole Grain Cheese Pizza Antipasto Salad Animal Crackers Candied Apples / Milk</p>