

Great Falls Middle School/
Turners Falls High School

Menus for October 2018

This institution is an equal opportunity provider. Menus are subject to change.

Available Daily

Fresh Salad Bar
Deli Sandwiches

Peanut Butter & Jelly/Fluff Sandwiches

Monday: Chicken Wraps

Tuesday: Quesadillas

Wednesday: Hot Dog

Thursday: Build-a-Burger

Friday: Pizza Sticks

Each meal comes with Low-Fat Milk
And a variety of fruits & veggies



Featured Specials of the Day

Monday, October 1

Chicken Patty on a Whole Wheat Bun
Smiley Fries & Seasoned Green Beans

Tuesday, October 2

Taco Tuesday!

Seasoned Beef or Beans in a Soft Tortilla
w/ Cheese, Salsa, Sour Cream, sautéed peppers & onions
Seasoned Rice

Wednesday, October 3

Half-Day!

Sign up for Grab & Go Lunch!

Thursday, October 4

Meatballs in Tomato Sauce over Pasta
Garlic-Parm Broccoli & Garlic Knot
Fresh Veggie Medley w/ Low-fat Ranch or Hummus

Friday, October 5

Pizza Variety Day!

Personal Cheese Pizza with a Variety of Toppings
Fresh Veggie Medley w/
Low-Fat Ranch or Hummus

TAKE A HIKE?

Lots of us are probably feeling a candy binge coming on this month. OK. But for every 2 little "fun size" candies you eat, you need to hike 30 minutes to work off the calories. So take it easy – or take a hike!



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

Featured Specials of the Day

Monday, October 8

Columbus Day

Tuesday, October 9

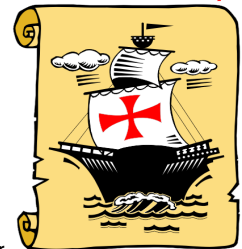
Taco Tuesday!

Seasoned Chicken or Beans in a Soft Tortilla
w/ Cheese, Salsa, Sour Cream, sautéed
peppers & onions & Seasoned Rice

Wednesday, October 10

Brunch!

French Toast Sticks w/ Warm Fruit Topping or
Maple Syrup, Sausage, Smiley Fries & Carrots



No School

Thursday, October 11

Chicken Patty Parm!

Chicken Patty, Mozzarella Cheese & Tomato Sauce over Pasta
Garlic-Parm Broccoli & Texas Toast w/ Fresh Veggie Medley
w/ Low-Fat Ranch or Hummus

Friday, October 12

Pizza Variety Day!

Personal Cheese Pizza with a Variety of Toppings
Fresh Veggie Medley w/
Low-Fat Ranch or Hummus

YOU NEVER KNOW WHAT YOU
MIGHT RUN INTO OUT THERE!



STAY ALERT & BE SAFE!

BREAKFAST

Monday: Fruit Bread & Cheesestick

Tuesday: Fruit & Yogurt Parfaits

Wednesday: Bagels & Yogurt

Thursday: Egg & Cheese Sandwich

Friday: Muffin & Cheesestick

****Whole Grain Cereal available Daily**

Each breakfast comes with Low-Fat Milk & a Variety of Fruits



**STAY ALERT AND BE
SAFE - IT'S PRETTY
SCARY OUT THERE!**

JOIN US FOR NATIONAL SCHOOL LUNCH WEEK OCTOBER 15-19



Monday, October 15

Breaded Chicken Fingers & Baked French Fries
Seasoned Green Beans, Buttered Corn, Whole Wheat Dinner Roll

Tuesday, October 16

Seasoned Turkey or Beans w/ Tortilla Chips
w/ Cheese, Salsa, Sour Cream, sautéed peppers & onions
Seasoned Rice

Wednesday, October 17

Cookout Day!

Cheeseburger on Whole Wheat Bun with Lettuce & Tomato
Tater Tots, Baked Beans, Sesame Ginger Slaw

Thursday, October 18

Chicken & Waffles

Breaded Chicken Nuggets w/ Mini Waffles & Maple Syrup
Seasoned Carrots, Fresh Veggie Medley w/ Low-Fat Ranch or Hummus

Friday, October 19

Pizza Variety Day!

Personal Cheese Pizza with a Variety of Toppings
Fresh Veggie Medley w/
Low-Fat Ranch or Hummus

Featured Specials of the Day

Monday, October 22

Chicken Patty on a Whole Wheat Bun
Smiley Fries & Seasoned Green Beans

Tuesday, October 23

Taco Tuesday!

Seasoned Beef or Beans in a Soft Tortilla
w/ Cheese, Salsa, Sour Cream, sautéed peppers & onions
Seasoned Rice

Wednesday, October 24

Half-Day!

Sign up for Grab & Go Lunch!

Thursday, October 25

Meatballs in Tomato Sauce over Pasta
Garlic-Parm Broccoli & Garlic Knot
Fresh Veggie Medley w/ Low-fat Ranch or Hummus

Friday, October 26

Pizza Variety Day!

Personal Cheese Pizza with a Variety of Toppings
Fresh Veggie Medley w/
Low-Fat Ranch or Hummus

Monday, October 29

KFC Bowl!

Popcorn Chicken, Mashed Potatoes, Corn & Gravy
Seasoned Green Beans & Whole Wheat Dinner Roll

Tuesday, October 30

Taco Tuesday!

Seasoned Chicken or Beans in a Soft Tortilla
w/ Cheese, Salsa, Sour Cream, Sautéed peppers & onions & Seasoned Rice

Wednesday, October 31

BRUNCH!

French Toast Tombstones with Warm Fruit Topping or Syrup
Sausage Bones, Spooky Fries, Honeyed Carrots

**All meals come with Low-Fat Milk Options
and a wide variety of Fruit!!**

**Please See Reverse For
Items Available Daily**