

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Please make your checks payable to: <u>Hooksett School Lunch Program.</u> Breakfast 1.50 Student Lunch 2.80 Adult Lunch 3.50</i>	2 Cheese Nachos Lettuce, Tomato & Salsa Mexicali Black Bean Rice GARDEN BAR	3 Chicken Dippers Veggie Rice Broccoli Pineapple Chunks Fortune Cookie	4 Scrambled Eggs/Toast Turkey Sausage Patty Breakfast Potato GARDEN BAR	5 Sloppy Joe on a Bun Or Grilled Cheese Caesar Salad GARDEN BAR	6 Papa Gino's Cheese Pizza Cherry Tomato Salad Cups GARDEN BAR
<u>Milk Varieties:</u> 1% White Non-Fat White Non-Fat Chocolate Water .50cents /1.00	9 <b>NO SCHOOL TODAY COLUMBUS DAY observed</b>	10 Chicken Noodle Soup Mixed Vegetables Breadstick GARDEN BAR	11 French Toast Sticks Hot Ham Slice Sweet Potato Fries Baked Beans GARDEN BAR	12 Chicken Fries Seasoned Rice Dinner Roll Green Beans GARDEN BAR	13 Papa Gino's Cheese or Pepperoni Pizza Steamed Carrots GARDEN BAR
<u>Available Everyday:</u> <b>DELI BAR:</b> Turkey, Ham, Buffalo or Caesar Chicken, SB & J <b>GARDEN BAR CENTER STATION—</b> Hot Alternative Meal	16 Cawley Rib O' Que Or Filet O' Fish on a Bun Caesar Salad GARDEN BAR	17 Cheesy Bread Slice w/Marinara Sauce Spinach & Fruit Salad GARDEN BAR	18 Waffles & Strawberries Lite Sausage Links Breakfast Potato GARDEN BAR	19 Hamburger or Cheeseburger on a bun Lettuce & tomato Sweet Peas Watermelon Slice GARDEN BAR	20 Papa Gino's Pizza Corn Cherry Tomatoes GARDEN BAR
<u>Daily Breakfast Selections include:</u> Bagels, English Muffins, Breakfast Sandwich, Our Own Banana Bread, Whole Grain, Low Sugar Cereals, Fruit, Milk and Juice... .SMOOTHIES!	23 Chicken Parm or Regular Chicken Patty on a Bun Butternut Squash GARDEN BAR	24 Cheese Ravioli w/ marinara Tossed Salad GARDEN BAR	25 Pancakes Yogurt Cups String Cheese Hash Brown Patty GARDEN BAR	26 Chicken Fajitas w/lettuce, tomato & salsa Hummus & Veggie Cups GARDEN BAR	27 Papa Gino's Pizza Warm Fruit & Cinnamon GARDEN BAR
<i>Menu is subject to change based on availability of products.</i>	30 Mac & Cheese Dinner roll Broccoli GARDEN BAR	31 Happy Halloween <b>Creepy</b> Corn Dogs <b>Spooky</b> Beans Sweet Potato <b>Bites</b> <b>Candy Corn</b> Fruit Cups			

**Alternative hot entrée' at center station : Chicken Patty , hot dog, hamburger, grilled cheese, pizza or chef's choice.**

**Deli Bar: Ham, Turkey Buffalo or Caesar chicken, tuna or egg, cheese, sunbutter & jelly , wg wraps, rolls & bread**

**Garden Bar Meal Option (make a salad from our garden bar and top off with a protein from our deli bar)**

*This menu meets the nutritional guidelines for the National School Lunch Program as established by the USDA. This institution is an equal opportunity provider and employer.*

## IMPORTANT SCHOOL LUNCH PROGRAM REMINDERS

**BREAKFAST REMINDER:** *Breakfast is served at every school, every morning. At Underhill, our breakfast is served in the cafeteria. At Memorial, breakfast is served in the Cafeteria. At Cawley, one of our breakfast carts is located in the 6<sup>th</sup> grade hallway, near the entrance door where busses drop off students and the other is upstairs in between the 7<sup>th</sup> and 8<sup>th</sup> grade wings. We offer nutritious choices including bagels, our own muffins/quick breads, breakfast sandwiches, low-sugar cereals, fresh fruit, 100% fruit juice and milk. Study after study has shown that kids who eat breakfast perform better in all areas of school.*

**SENDING IN A LUNCH ACCOUNT PAYMENT:** *It is critical that we receive the proper information, in order to apply any payments correctly. If using our lunch program envelope, please fill it out COMPLETELY. If using your own envelope, please write the following information on the outside: FULL NAME, DATE, CLASSROOM, \$ AMOUNT ENCLOSED. We prefer payment by check because it is traceable. Cash payments in blank envelopes can't be processed. Cash, if lost, is simply gone. Please avoid coins whenever possible. We take handling student money very seriously.*

**LUNCH PAYMENT ONLINE PROGRAM:** *For those families not taking advantage of on-line payments, you can learn more about the advantages at [www.learnmyschoolbucks.com/Parent](http://www.learnmyschoolbucks.com/Parent). Check out the flyer included in your packet! If you are experiencing any problems, or find any aspect of Schoolbucks challenging, here is some contact information you will find helpful:*

*By telephone: 1-855-832-5226*

*Online: [www.support@myschoolbucks.com](mailto:support@myschoolbucks.com)*

**FREE & REDUCED MEAL ASSISTANCE:** *Applications are available in every school's main office and on our website. IT IS ONLY NECESSARY TO SUBMIT ONE APPLICATION FOR YOUR FAMILY, even if you have students at different schools. You may apply at any time during the school year. Applications are confidential.*