

|   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|---|
| <p><i>Please make your checks payable to: <u>Hooksett School Lunch Program.</u></i><br/> <i>Breakfast 1.50</i><br/> <i>Student Lunch 2.65</i><br/> <i>Adult Lunch 3.50</i><br/> <i>Snack Milk .50</i></p>   | <p>Oct 30</p> <p style="text-align: center;">Mac &amp; Cheese<br/>Dinner Roll<br/>Broccoli<br/>Choice of Fruit</p>  | <p>Oct 31</p> <p style="text-align: center;">Creepy Corn Dogs<br/>Spooky Beans<br/>Sweet Potato Bites<br/>Candy Corn Fruit Cups</p> | <p>1</p> <p style="text-align: center;">Chicken Nuggets<br/>Bread Stick<br/>Corn<br/>Choice of Fruit &amp; Veggies</p>  | <p>2</p> <p style="text-align: center;">Grilled Cheese<br/>Tomato Soup<br/>Choice of Fruit &amp; Veggie Cups</p>  | <p>3</p> <p style="text-align: center;">Papa Gino's Pizza<br/>Mixed Fruit Cups<br/>Tossed Salad</p>                       |
| <p><u>Milk Varieties:</u><br/>                     1% White<br/>                     Non-Fat White<br/>                     Non-Fat Chocolate<br/>                     Water .50cents</p>   | <p>6</p> <p style="text-align: center;">Crunchy Fish Sticks<br/>w/Dinner roll<br/>Mashed Potatoes<br/>Red Cabbage Coleslaw<br/>Choice of Fruit</p>                    | <p>7</p> <p style="text-align: center;">Turkey Taco<br/>Lettuce, Tomato &amp;<br/>Salsa<br/>Rice<br/>Choice of Fruit</p>            | <p>8</p> <p style="text-align: center;">Cheesy Egg Scramble<br/>Bacon Round<br/>w/toasted English Muffin<br/>Hash Brown Patty<br/>Assorted Fruits &amp; Veggies</p> | <p>9</p> <p style="text-align: center;">Pasta w/Meat Sauce<br/>Sweet Peas or Assorted<br/>Carrot&amp; Tomato Veggie<br/>Cups<br/>Choice of Fruit</p>    | <p>10</p> <p style="text-align: center;"><b>NO<br/>SCHOOL<br/>VETERAN'S DAY</b></p>                                       |
| <p><u>Available Everyday:</u><br/>                     Sandwich Alternative<br/>                     Asst. Fresh Fruit/Veg<br/>                     Whole Grain Bread/Rolls<br/> <b>Sunbutter Sandwich</b><br/>                     Yogurt Plate<br/>                     Munchables (our own<br/>                     assorted lunch packs)</p>          | <p>13</p> <p style="text-align: center;">Beef or Cheese Nachos<br/>Lettuce, Tomato &amp; Salsa<br/>Mexicali Rice<br/>Black Beans<br/>Choice of Fruit &amp; Veggie</p> | <p>14</p> <p style="text-align: center;"><b>NO<br/>SCHOOL<br/>PARENT/TEACHER<br/>CONFERENCES</b></p>                                | <p>15</p> <p style="text-align: center;">French Toast Sticks w/<br/>Ham<br/>Breakfast Potato<br/>Veggie Cups<br/>Choice of Fruit</p>                                | <p>16</p> <p style="text-align: center;">Turkey &amp; Gravy<br/>Stuffing, Dinner Roll<br/>Mashed Potatoes<br/>Peas &amp; Carrots<br/>Holiday Cookie</p> | <p>17</p> <p style="text-align: center;">Papa Gino's Cheese<br/>Pizza<br/>Mixed Fruit Cups<br/>Assorted Veggie Sticks</p> |
| <p><u>Daily Breakfast</u><br/> <u>Selections include:</u><br/>                     Bagels, English Muffins,<br/>                     Breakfast Sandwich, Our<br/>                     Own Banana Bread,<br/>                     Warm Muffins Whole<br/>                     Grain, cereals, Fruit, Milk<br/>                     and Juice Smoothies</p> | <p>20</p> <p style="text-align: center;">Chicken Patty on a Bun<br/>French Fries<br/>Cherry Tomatoes<br/>Choice of Fruit</p>  | <p>21</p> <p style="text-align: center;">Papa Gino's Cheese<br/>Pizza<br/>Hummus and Veggie<br/>Sticks<br/>Choice of Fruit</p>      | <p>22</p> <p style="text-align: center;"><b>NO<br/>SCHOOL<br/>TODAY</b></p>   | <p>23</p> <p style="text-align: center;"><b>HAPPY<br/>THANKSGIVING</b></p>  | <p>24</p> <p style="text-align: center;"><b>NO<br/>SCHOOL<br/>TODAY</b></p>   |
| <p><i><b>Menu is subject to change based on availability of products.</b></i></p>   | <p>27</p> <p style="text-align: center;">Meatballs<br/>w/ garlic Penne<br/>Dinner Roll<br/>Steamed Carrots<br/>Choice of Fruit</p>                                    | <p>28</p> <p style="text-align: center;">Hot Dog on a Bun<br/>Baked Beans<br/>Tossed Salad<br/>Choice of Fruit</p>                  | <p>29</p> <p style="text-align: center;">Cheesy Baked Potato<br/>w/warm pretzel<br/>Or Pulled Pork on a Bun<br/>Broccoli<br/>Choice of Fruit &amp; Veggie</p>       | <p>30</p> <p style="text-align: center;">Cheese Quesadilla<br/>Or Sloppy Joe<br/>Three Bean Salad<br/>Choice of Fruit &amp; Veggies</p>                 |   |

**NOW OFFERED DAILY: TURKEY, HAM, BOLOGNA, Sb&j OR EGG SALAD SANDWICHES.....Yogurt/ Fruit Plates  
 Munchables : assorted plates...make a pizza, pretzel w/cheese...cold cuts and crackers....and more to come**

*This menu meets the nutritional guidelines for the National School Lunch Program as established by the USDA. USDA 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 cart is located in the hallway just outside the Library. At Memorial, breakfast is served right in the Cafeteria. At Cawley, our breakfast carts are located in all three grade's hallway. 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:*

*Payments may take up to 2 or 3 days to post.*

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

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