LUNCH

OCTOBER 2026

Shrewsbury Elementary Schools

Monday	Tuesday	Wednesday	Thursday	Friday
10/5 Monti's Pizza Ham and Cheese on a Roll w/Goldfish Steamed Broccoli Tossed Salad Carrot Sticks and Hummus Rolls Apples	10/6 Chicken or Vegetarian Tenders w/Honey Mustard Turkey and Cheese on Wheat Baked Fries Garlic Green Beans Tomato Mozzarella Salad Macaroni Salad Rolls Orange Wedges	10/7 Meatball Sub or Gardenburger Sub Brunch Bag Baked Beans Corn Spinach Salad Carrot Sticks and Hummus Rolls Tangerines	10/8 Nachos (Beef or Black Beans) with Toppings (Lettuce, Cheese, Salsa, Guacamole and Sour Cream) Turkey and Cheese on Wheat w/ Baked Chips Corn Muffin Caesar Salad Celery Sticks and Ranch Pears	10/9 No School Professional Day
10/12 No School Columbus Day/Indigenous Peoples Day	10/13 Barbeque Chicken or Tofu Brunch Bag Baked Fries Steamed Broccoli Tomato Mozzarella Salad Tossed Salad Rolls Orange Wedges	10/14 Bacon, Egg and Cheese or Egg and Cheese on an English Muffin w/Hash Browns Italian Sub w/Baked Chips Steamed Carrots Caesar Salad Macaroni Salad Rolls Kiwi	10/15 Chicken Nuggets or Vegetarian Nuggets w/ Honey Mustard Sauce Ham and Cheese Wrap Mashed Potato Corn Garden Salad Celery Sticks and Hummus Rolls Pears	10/16 Pasta w/ Marinara or Meat Sauce Brunch Bag Steamed Zucchini Tossed Salad Sliced Cucumbers Garlic Knot Peaches Cookie
10/19 Monti's Pizza Ham and Cheese on a Roll w/Goldfish Steamed Broccoli Tossed Salad Carrot Sticks and Hummus Rolls Apple Sauce	10/20 Hamburger, Cheeseburger or Black Bean Burger Brunch Bag Baked Fries Steamed Carrots Caesar Salad Tomato Mozzarella Salad Rolls Pears	10/21 Orange Chicken or Tofu Rice, Asian Vegetable Medley and Fortune Cookie Brunch Bag Macaroni Salad Garden Salad Rolls Pineapple Chunks	10/22 Pizza Bites w/ Marinara Sauce Turkey and Cheese Sub and Pretzels Green Beans Garden Salad Carrot Raisin Salad Rolls Mixed Fruit	10/23 Grilled Cheese Sandwiches Brunch Bag Green Beans Tossed Salad Pasta Salad Peaches
10/26 Monti's Pizza Turkey and Cheese on a Roll w/Goldfish Steamed Broccoli Pasta Salad Carrot Sticks and Hummus Rolls Apple	10/27 Popcorn Chicken or Vegetarian Nugget Bowl Brunch Bag Mashed Potato Corn Garden Salad Rice Salad Rolls Berries	10/28 Breakfast for Lunch (Scrambled Eggs, Mini Pancakes and Bacon) Ham and Cheese on Wheat w/Pretzels Steamed Carrots Macaroni Salad Tossed Salad Rolls Mixed Fruit	10/29 Chicken Patty or Gardenburger Brunch Bag Baked Fries Mixed Vegetables Celery Sticks and Ranch Dip Caesar Salad Rolls Kiwi	10/30 Macaroni and Cheese Brunch Bag Steamed Green Beans Tossed Salad Tri Bean Salad Italian Bread Pears

LUNCH

OCTOBER 2026

Shrewsbury Elementary Schools

Please call the Cafeteria Manager at your child's school if you have questions about food ingredients or allergens. **Menus are subject to change.** **Breakfast is served daily.**		Brunch Bag Include: A Grain: Bagel, Muffin or Cereal, Milk, Fruit and Protein: Yogurt, Cheese or Hard-Boiled Egg Peanut Butter Sandwiches- Available Daily All Lunches Include: Protein, Grain, Milk, Fruit and Vegetable Components		***Meals are free for all students.***

USDA is an equal opportunity provider and employer