

# Great Bay eLearning Charter School

## Lunch Menu

### October 2017

Jeanne Pierce: Food Service Director  
Telephone Number: 775 -8449

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk Choices:</b> <b>Skim, 1% or Chocolate</b>  <b>\$.50</b>	2 Sloppy Joe on Bun Smashed Garlic Cauliflower Strawberry Cup Milk	3 Regular or Spicy Chicken Patty on a Bun Sautéed Dill Carrots Homemade Apple Crisp w/ Topping Milk	4 Macaroni & Cheese Steamed Broccoli Dinner Roll Fruit Milk	5 Shaved Steak & Cheese Sub Peppers & Onions Baked Beans Apple Sauce Cup Milk	6 Mike's Cheese Bites w/ Marinara Sauce Garden Salad Fruit Milk
<b>Salad's To GO:</b> <b>\$3.50</b> Chicken Caesar Salad or Garden Salad <b>Main Meal</b> <b>\$3.25</b>	No School	10 Grilled Hot Dog on Bun w/ Cheese Sauce, Sautéed Onions, Baked Beans Oven Baked Spicy Yucca Fries Ice Cream Cup Milk	11 Chicken & Gravy Mashed Potatoes Steamed Carrots Bread Stick Sliced Pears, Cookie Milk	12 Soft Shell Taco Served w/ Refried Beans Lettuce, Tomato & Cheese Mexican Corn Fresh Melon Milk	13 General Tso's Chicken, Vegetable Roll Fried Rice Stir Fried Vegetables Pineapple Tidbits Milk
Uncrustable Peanut butter & Jelly Sandwich Vegetable, Fruit & Milk <b>\$3.25</b>	16 Hamburger or Cheeseburger Oven Fries Baked Beans Fruit Milk	17 Cheese or Pepperoni Calzone Garden Salad Fresh Fruit Milk	18 Homemade Meatloaf Mashed Potatoes Gravy Dinner Roll Steamed Carrots Assorted Fruit Cookie, Milk	19 Regular or Spicy Chicken Patty on a Bun Baked Eggplant Fries Fruit Milk	20 Pasta w/ Meatballs Bread Stick Garden Salad Fruit Milk
<b>Deli Sandwiches</b> <b>\$3.75</b> Choice of; Chicken Salad, Ham w/ American Cheese or Sliced Turkey Wrap w/ Lettuce, Tomatoes	23 Baked Corn Dog Baked Beans Sidewinder Fries Mixed Fruit Milk	24 Shepherd's Pie Dinner Roll Oven Roasted Brussel Sprouts Oven Roasted Red Bliss Potatoes Cookie, Fruit,	25 General Tso's Chicken Fried Rice Egg Roll Steamed Broccoli Fruit Milk	26 BBQ Rib-A-Que Sub, Chips Mixed Greens Salad Fruit milk	27 Regular or Spicy Chicken on Bun Jicama & Mango Spicy Slaw Sweet Potato Fries Sliced Pears Milk
Pizza offered T & Thursday \$3.25 Value Price two slices \$5.00	30 Shrimp Poppers Bread Stick Tartar Sauce Spicy Red Fries Fruit Milk	31 <i>Worms in Dirt</i> (Pasta in a Sauce) Witches Broom Stick (Mozzarella Sticks) Roasted Brains (Oven Roasted Cauliflower) Dracula Blood ( Fruit Punch) Treat(Jell-O) Ghostly Milk			

*This institution is an equal opportunity provider.*

*This menu meets the nutritional guidelines for the National School Lunch Program as established by the USDA.*