

Green Mountain School

October

Breakfast is served
from 8:00-8:15 daily.

Breakfast \$2.00 Lunch-\$3.35 Milk Only-\$0.50

*available gluten free

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Chicken Alfredo* Chicken Bacon Salad* Yogurt*	2 Cheesy Breadsticks Italian Sub* Yogurt*	3 Pizza* Sunbutter & Jelly* Yogurt*	4 Yogurt comes with choice of granola, crackers or a bagel
5 Smoothies are served for breakfast on Wednesdays.	6 Enchiladas Pizza Box* Yogurt*	7 Cheeseburger* Deli Sub* Yogurt*	8 Chicken Potato Bowl Chicken Caesar Salad* Yogurt*	9 Egg Roll & Fried Rice Italian Sub* Yogurt*	10 Pizza* Peanut Butter & Jelly* Yogurt*	11
12	13 Chicken Alfredo* Pizza Box* Yogurt*	14 Orange Chicken Chef Salad* Yogurt*	15 Early Release Peanut butter & Jelly* Club Sandwich*	16 Early Release Pizza Box* Peanut Butter & Jelly*	17 Early Release Deli Sub* Peanut butter & Jelly*	18
19 Every meal comes with the option of fruits, vegetables and milk	20 Tacos* Pizza Box* Yogurt*	21 Sloppy Joes* Italian Sub* Yogurt*	22 Chicken Nuggets Taco Salad* Yogurt*	23 Macaroni & Cheese Club Sandwich* Yogurt*	24 Pizza* Peanut butter & Jelly* Yogurt*	25 Now Serving Peanut Butter & Jelly Sandwiches
26	27 Nachos* Pizza Box* Yogurt*	28 Chicken Burger Peanut butter & Jelly Yogurt*	29 Meatball Sub* Italian Salad* Yogurt*	30 Chili* Italian Sub* Yogurt*	31 NO SCHOOL	

This institution is an equal opportunity provider.

COLORFUL FOODS

Red food is good for the heart 



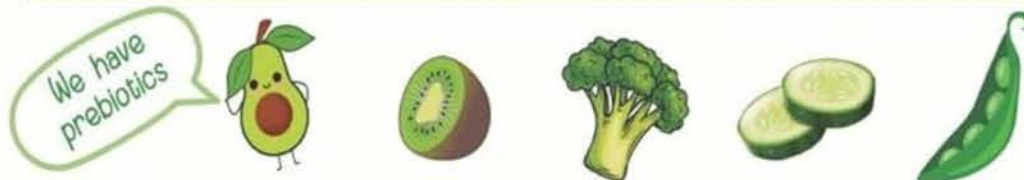
Orange food helps you see better 



Yellow food helps your body heal cuts 



Green food helps you fight germs 



Blue food gives you a strong brain 



Brown food gives your body energy 

