



THOMASTON CENTER SCHOOL MENU – OCTOBER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Sandwiches & Salads Yogurt Parfait	2 Chicken and Waffles Maple Syrup Corn on the Cob	3 Crispy Chicken Sandwich Homemade Potato Salad Pizza Green Beans	4 Chicken or Cheese Quesadilla Salsa, Sour Cream Seasoned Black Beans	5 Pancakes Scrambled Eggs Tater Tots Maple Syrup	6 Cheese Pizza Pepperoni Pizza Garden Salad with Italian
Assorted Sandwiches & Salads Yogurt Parfait	9  <i>Columbus Day</i>	10 Chicken Nuggets Brown Rice Seasoned Corn Ketchup	11 WG Mac & Cheese WG Breadstick Italian Green Beans	12 All Beef Hot Dog Crinkle Cut Fries Vegetarian Baked Beans Ketchup	13 Cheese Pizza Buffalo Chicken Pizza Garden Salad with Ranch
Assorted Sandwiches & Salads Yogurt Parfait	16 Grilled Cheese Crinkle Cut Fries Corn and Tomato Salad Ketchup	17 Chicken Smackers Mashed Potatoes Steamed Corn WG Honey Biscuit	18 Mozzarella Sticks Marinara Sauce Garden Salad with Ranch	19 Corn Dog Nuggets Sweet Potato Fries Steamed Green Beans Ketchup	20 Personal Cheese Pizza Cucumber & Tomato Salad Pumpkin Squares
Assorted Sandwiches & Salads Yogurt Parfait	23 Cheeseburger Potato Wedges Steamed Broccoli Ketchup	24 Pizza Crunchers Oven Roasted Zucchini LF Cheese Stick	25 Grandma's Pasta & Meatballs WG Garlic Knot Parmesan Roasted Cauliflower	26 French Toast Sticks Oven Roasted Potatoes Chicken Sausage Patty Maple Syrup	27 Wild Mike Bites Marinara Sauce Caesar Salad
Assorted Sandwiches & Salads Yogurt Parfait	30 Crispy Chicken Ranch Wrap Potato Wedges Orange Cinnamon Carrots Ketchup	31 Jack-O-Lantern Pinwheel (Mozzarella Stuffed Pizza Pinwheel) Vampire Stew (Marinara Sauce) Pumpkin Fingers (Orange Cinnamon Carrots) Magic Potion Treat (Assorted Red Jello)	Every Day Offerings: Assorted Fresh Fruit Rainbow Veggie Tray Canned Fruit Twice Per Week: 100% Fruit Juice		

Bold Indicates Fresh Produce is Used!

Menu is subject to change. This institution is an equal opportunity provider.

Jennifer Zarrilli, MS, RD, CD-N
Food Service Director
203-879-8145