



OCTOBER 2019 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus Are Subject to Change	1 Cheeseburger on Wheat Roll Local Corn on Cob <i>Grown at Confreda Farms Cranston, RI</i>	2 Oven Baked Chicken Nuggets BBQ Dipping Sauce Seasoned Mixed Vegetables	3 Whole Wheat French Toast Sticks String Cheese Stick Roasted Cinnamon Sweet Potatoes	4 2 Cheese Filled Whole Grain Bosco Breadsticks Pizza Sauce for Dunking Chilled Black Bean Citrus Salad
	Alternative Meals: 2. Toasted Cheese Sandwich 3. Tossed Salad with Cucumbers, Tomatoes and Mozzarella Cheese with Dinner Rolls			
7 Meatless Cheesy Pasta Bake Marinara Sauce Roasted Brussel Sprouts Whole Wheat Dinner Roll	8 Soft Beef Taco Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans	9 Chicken Patty on Wheat Bun Seasoned Sweet Corn	10 Whole Wheat Pancakes Syrup Hard Boiled Egg Oven Baked Tater Tots	11 NO SCHOOL TODAY
Alternative Meals: 2. Veggie Garden Burger on Wheat Roll 3. Sliced Turkey and American Cheese on Wheat Roll				
14 NO SCHOOL TODAY	15 Mom's Mashed Potato Bowl Popcorn Chicken Mashed Potatoes Gravy and Corn	16 Turkey Hot Dog on Whole Wheat Bun BBQ Baked Beans	17 Warm Egg and Cheese on Whole Wheat Bagel Oven Baked Hash Brown Potato	18 2 Cheese Filled Whole Grain Bosco Breadsticks Tossed Salad with Romaine Local Kale, Cucumbers and Tomatoes
Alternative Meals: 2. Cheeseburger on Wheat Roll 3. Strawberry Smoothie with Graham Crackers and String Cheese				
21 Oven Baked Chicken Nuggets BBQ Dipping Sauce Oven Roasted Seasoned Garbanzo Beans	22 Teriyaki Chicken Stir Fry Oriental Mixed Vegetables Fluffy Brown Rice	23 Whole Wheat Pasta Meatballs with Sauce Seasoned Sweet Corn	24 Whole Wheat French Toast Sticks Oven Baked Sweet Potato Tots	25 Whole Grain Cheese Pizza Chilled Carrot and Raisin Salad
Alternative Meals: 2. Chicken Patty on Wheat Roll 3. Pizza Bagel Fun Lunch: WG Bagel, Mozzarella Cheese, Pizza Sauce and Baby Snack Carrots				
28 Whole Wheat Pasta with Meat Sauce Oven Roasted Cauliflower	29 Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Pinto Beans	30 Creamy Macaroni and Cheese Roasted Zucchini and Summer Squash Whole Wheat Breadstick	31 Whole Wheat Pancakes Syrup Strawberry Yogurt Cup Roasted Cinnamon Sweet Potatoes	USDA is an equal opportunity employer and provider
Alternative Meals: 2. Toasted Ham and Cheese Sandwich 3. Fresh Tuna Salad on Wheat Wrap				
Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk	Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk	Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk	Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk	Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk

DAILY BREAKFAST MENU

Breakfast consists of either cereal, muffin or Nutrigrain Bar.

All breakfasts are served with fruit or fruit juice and milk.

All breakfast cereals are made with whole grains and have 9 grams of sugar or less per serving.