

The Silver Academy

Lunch Menu: October

October 3 – Pasta w/Meat Sauce (Meat)

October 4 – Tuna (Dairy)

October 5 – Pierogis (Dairy)

October 9 – Blintzes (Dairy)

October 10 – Deli (Meat)

October 11 – Fish Sticks (Dairy)

October 12 – Pizza (Dairy)

October 15 – Baked Ziti (Dairy)

October 16 – Meat Balls (Meat)

October 17 – Soft Tacos (Dairy)

October 18 – Grilled Cheese (Dairy)

October 19 – French Toast (Dairy)

October 22 – Mac – n - Cheese (Dairy)

October 23 – Chicken (Meat)

October 24– Burgers (Meat)

October 25 – Pierogis (Dairy)

October 26 – Falafel (Dairy)

October 29 – Breakfast for Lunch (Dairy)

October 30 – Sloppy Joes (Meat)

October 31 – Quesadilla (Dairy)

- ❖ Every lunch also includes a vegetable, fruit and salad bar
- ❖ On dairy days, the salad bar includes yogurt and cottage cheese
- ❖ On dairy days, milk is served with lunch

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