

MENUS FOR OCTOBER 2022

Beecher Road School

This institution is an equal opportunity provider. Menus are subject to change.

SAVE THE BANANA!



They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

VEGETABLE

Green Peas

Peas are high in fiber and protein -- and a cup of peas even provides 98% of your daily vitamin C! Researchers have recently found that peas also contain a unique blend of cancer-fighting substances called "phytonutrients."



OF THE MONTH

AVAILABLE DAILY



Milk Offered with All Meals: Fat Free Chocolate, 1% White, Fat Free White, Lactaid

Entree Alternate: Assorted Sandwiches: Turkey & Cheese, Turkey, Ham & Cheese, Ham, and Cheese. Assorted Salads with Chicken or Hard Boiled Egg, or a Yogurt Bento Box. Rainbow Veggie Tray: May include: Broccoli, Baby Carrots, Celery, Cherry Tomatoes, Green Pepper, Bean Salads, Cucumbers, Black Beans and Chick Peas.

Monday, October 3

-F-

Entrée Alternate

Or

Chicken Nuggets
Peas
Sweet Potato Fries
Dinner Roll
Fruit Choices

Tuesday, October 4

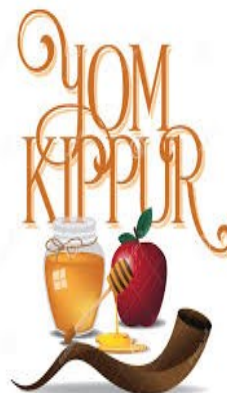
-A-

Entree Alternate

Or

Pancakes Bites,
Sausage Links
Potato Smiles
Applesauce

Wednesday, October 5



Thursday, October 6

-B-

Entrée Alternate

Or

Beef Patty on Roll with
Cheese, Lettuce, Tomato,
Pickle,
French Fries
Fruit Choice

Friday, October 7

-C-

Entrée Alternate

Or

Pizza Wedge
Carrot Sticks
Garden Salad
Fruit

Monday, October 10



Columbus/Indigenous
People Day

Tuesday, October 11

-D-

Entree Alternate

Or

Waffle Bites,
Sausage Links
Potato Smiles
Applesauce

Wednesday, October 12

-E-

Entrée Alternate

Or

ERNIE'S PIZZA
Quinoa Salad,
Carrot Sticks
Fruit Choice

Thursday, October 13

-F-

Entree Alternate

Or

Beef Tacos
with Cheese, Salsa, Sour
Cream, Lettuce, and Tomato
Brown Rice,
Corn
Black Bean Corn Salad
Fruit Choice

Friday, October 14

-A-

Entrée Alternate

Or

Chicken Tenders,
Green Beans
Sweet Potato Fries,
Dinner Roll
Fruit Choices

Monday, October 17

-B-

Entrée Alternate

Or

Lasagna Roll Ups,
Bread stick
Green Beans
Fruit Choice

Tuesday, October 18

-C-

Entrée Alternate

Or

Chicken Nuggets
Mixed Vegetable
Potato Wedges
Dinner Roll
Fruit Choices

Wednesday, October 19

-D-

Entree Alternate

Or

Pancakes Bites,
Sausage Links
Potato Smiles
Applesauce

Thursday, October 20

-E-

Entrée Alternate

Or

Chili Dog on a Roll
Baked Beans,
French fries
Fruit

Friday, October 21

-F-

Entrée Alternate

Or

Pizza Boli
Carrot Sticks
Garden Salad
Fruit



Monday, October 24

-A-

Entree Alternate

Or

Waffle Bites,
Sausage Links
Potato Smiles
Applesauce

Tuesday, October 25

-B-

Entree Alternate

Or

Beef Tacos
with Cheese, Salsa, Sour
Cream, Lettuce, and Tomato
Brown Rice,
Green Beans
Black Bean Corn Salad
Fruit Choice

Wednesday, October 26

-C-

Entrée Alternate

Or

ERNIE'S PIZZA
Quinoa Salad,
Carrot Sticks
Fruit Choice

Thursday, October 27

-D-

Entrée Alternate

Or

Chicken Tenders,
Green Beans
Sweet Potato Fries,
Dinner Roll
Fruit Choices

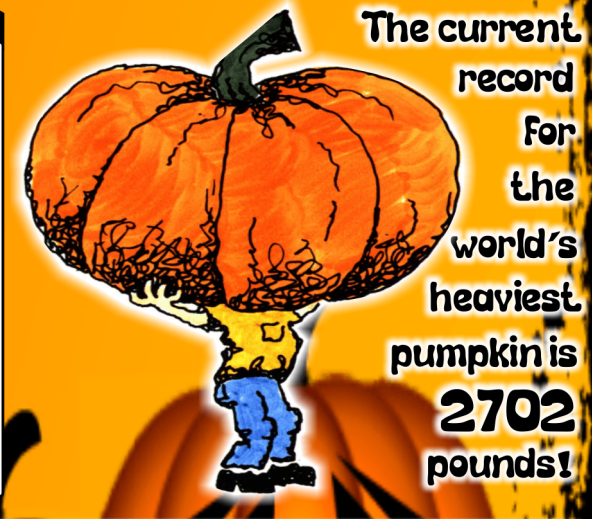
Friday, October 28

-E-

Entrée Alternate

Or

Beef Patty on Roll with
Cheese, Lettuce, Tomato,
Pickle,
Fries Fries
Fruit Choice



Monday, October 31

-F-

Entrée Alternate

Or

Cheese Ravioli,
Bread stick
Green Beans
Fruit Choice

Please make sure to apply yourself.

That's good advice any time, but especially these days, when there's so much disruption in our lives – whether we're trying to work or learn or take care of our families. But there's something else you need to make sure to apply for: free and reduced-price school meals. Since meals are no longer free for the whole year, your family may be eligible to continue benefitting from convenient, healthy, dependable school meals at no charge every day. Plus, our entire district benefits when you apply, because federal funding for all sorts of education and technology programs is tied to those applications, although most folks don't realize that. So please, get in touch with us and take a moment to fill out that application. Kids throughout our community will benefit when you do. ***Pick up an application at our school office.*** call ***Bethany Freeman at 203-389-2195 ext 102.*** Thanks in advance!

School Meals
We serve education every day™