

# OCTOBER 2024

## BRIDGEHAMPTON SCHOOL

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Chicken Sandwich **1**  
Fries  
Green Beans  
Fresh fruit  
Or Fruit Cup

Whole Wheat **2**  
Cheesy Pizza  
Or  
Veggie Pizza  
Mixed Green Salad  
Fresh Fruit

**3**  
Rosh Hashanah  
  
No Classes

**4**  
Rosh Hashanah  
  
No Classes

Chicken Noodle Soup **7**  
W/WW/Roll  
Or  
Popcorn Chicken  
Brown Rice w/ Veggies  
Fresh Fruit or Fruit Cup

Mediterranean **8**  
Chicken Sandwich  
Or  
Burger, Chips & Baked Beans  
Fresh Fruit

Pasta & Meatballs **9**  
W/WW/Roll  
Mixed Green Salad  
Fresh Fruit  
Fruit Cup

Chicken Caesar **10**  
Salad  
Fresh Carrots  
Fresh Fruit  
Fruit Cup

Whole Wheat **11**  
Cheesy Pizza  
Or  
Veggie Pizza  
Caesar Salad  
Fresh Fruit

**14**  
Columbus  
Indigenous  
Day  
District Closed

Whole Wheat **15**  
Cheesy Pizza  
Or  
Veggie Pizza  
Mixed Green Salad  
Fresh Fruit  
Fresh Cup

Korean Grilled **16**  
Chicken  
Brown Rice  
Green Beans  
Fresh Fruit or Cup

Turkey Taco Salad **17**  
W/ Beans, Corn, Salsa  
Sour Cream, Cheese  
Nacho Chips  
Fresh Fruit

Stuffed Chicken **18**  
W/ Broccoli & Cheese  
Mashed Potatoes  
Fresh Carrots  
Fresh Fruit

Pasta Fagioli **21**  
Soup W/WW/Roll  
Or  
Popcorn Chicken, Chips  
Mixed Veggies  
Fresh Fruit  
Fruit Cup

Asian Noodles **22**  
W/ Veggies  
Egg Roll  
Cheese Sticks  
Fresh Fruit  
Fruit Cup

Chicken Chili **23**  
W/Beans  
Corn Bread  
Fresh Carrots  
Fresh Fruit  
Fruit Cup

Whole Wheat **24**  
Cheesy Pizza  
Or  
Veggie Pizza  
Mixed Green Salad  
Fresh Fruit  
Fruit Cup

Chicken Empanada **25**  
Rice & Beans  
Sweet Plantains  
Fresh Fruit

Tomato Soup **28**  
&  
Grilled Cheese  
Fresh Carrots  
Fresh Fruit  
Fruit Cup

Roasted Chicken **29**  
Pieces W/WW/Roll  
Mashed Potatoes  
Corn  
Fresh Fruit  
Fruit cup

Baked Ziti **30**  
W/ WW Roll  
Caesar Salad  
Fresh Carrots  
Fresh Fruit  
Fruit Cup

**31**  
Chef's  
Choice



Lunch Includes Milk, Fruit & Vegetable Sandwiches served on whole wheat bread  
Sensible Snack Should Contain – Fat 7g or Less Sodium – 360mg or Less –Sugar – 15g or Less  
Any Questions contact Dan – FSM Menu Subject to change