

# Algonquin Lunch October 2019

**This Institution is an Equal Opportunity Employer**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Quick and Easy On-Line Prepayment-MySchoolBucks-Info Visit</b>  <a href="http://www.nshoro.k12.ma.us">www.nshoro.k12.ma.us</a></p>	<p>1  <b>Beef Nacho's</b>                      Chili, Cheese Sauce                      Refried Beans                      Steamed Corn                      Carrot Coins                      Fruit</p>	<p>2  <b>Pasta Meat Sauce or Plain Sauce</b>                      Steamed Green Beans or Carrot Coins                      Garlic Bread                      Fruit</p>	<p>3  <b>Roasted Chicken</b>                      Mashed Potatoes/Gravy                      Steamed Broccoli or Carrot Coins  <b>Homemade Corn Bread</b>                      Fruit</p>	<p>4  <b>Sloppy Joe's</b>                      Sweet Potato Fries                      Steamed Carrots or Carrot Coins                      Fruit</p>
<p>7  <b>Chicken Nuggets</b>                      French Fries                      Steamed Carrots or Carrot Coins                      ww Roll, Fruit</p>	<p>8  <b>Chicken Tikka Masala or Veggie Tikka Masala</b>                      Steamed Rice                      Steamed Broccoli                      Carrot Coins, Fruit</p>	<p>9  <b style="color: red;">Yom Kippur</b></p>	<p>10  <b>Meatball Sub</b>                      Mozzarella Cheese                      Steamed Green Beans or Carrot Coins                      Fruit</p>	<p>11  <b>Panini Ham &amp; Cheese or Veggie</b>                      Steamed Mixed Vegetable or Carrot Coins, Fruit</p>
<p>14  <b style="color: red;">Columbus Day</b></p>	<p>15  <b>BBQ Pulled Pork</b>                      BBQ Baked Beans                      Steamed Carrots or Carrot Coins                      Fruit</p>	<p>16  <b>Pasta Bar Plain Sauce, Meat Sauce or Pesto</b>                      Steamed Green Beans                      Garlic Bread, Fruit</p>	<p>17  <b>Chicken &amp; Potato Bowl</b>                      Steamed Corn or Carrot Coins                      ww Roll, Fruit</p>	<p>18  <b>Burgers: Beef, Cheese or Veggie</b>                      Lettuce/Tomato                      Steamed Broccoli or Carrot Coins, Fruit</p>
<p>21  <b>Chicken Nuggets</b>                      Tater Tots                      Steamed Carrots or Carrot Coins                      ww Roll, Fruit</p>	<p>22  <b>Beef Taco or Veggie Taco</b>                      Corn &amp; Black Bean Salad                      Carrot Coins, Steamed Peas                      Fruit</p>	<p>23  <b>Alfredo Chicken &amp; Broccoli or Broccoli</b>                      Carrot Coins                      Garlic Bread, Fruit</p>	<p>24  <b>Shepherd's Pie or Veggie Pie</b>                      Steamed Corn or Carrot Coins                      ww Roll, Fruit</p>	<p>25  <b>Grill Cheese</b>                      Homemade Tomato Soup                      Steamed Carrots                      Carrot Coins                      Fruit</p>
<p>28  <b>Chicken Nuggets</b>                      Tater Tots                      Steamed Carrots or Carrot Coins                      ww Roll                      Fruit</p>	<p>29  <b>Steak and Cheese Sub</b>                      Peppers &amp; Onions                      Chick Pea Salad                      Steamed Carrots or Carrot Coins                      Fruit</p>	<p>30  <b>Pasta Meat Sauce or Plain Sauce</b>                      Steamed Green Beans or Carrot Coins                      Garlic Bread                      Fruit</p>	<p>31  <b>Asian Cherry Blossom Chicken</b>                      Rice Pilaf                      Steamed Broccoli                      Carrot Coins, Fruit  <b>Homemade Brownies</b></p>	<p><b>Veggie or a fruit must be served with each lunch.</b>  <b>*Rolls and Cheese sticks available*</b>  <b style="color: red;">No charging</b></p>

## #2 Option

**"Grab 'N Go!"**

**\*Pre-wrapped Sandwiches**

Vegetarian, Meat & PB&J

Sandwiches

**\*Pizza du Jour**

**\*Salads**

Chef, Greek, Garden, &

Teriyaki Chicken

Chicken Caesar

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**Soup Du Jour**

## #3 Option-

**"Hot Line"**

**Hot**

**Sandwiches**

Tues- Chicken

Thurs- Spicy

Chicken

Fri-Mozzarella

## #4 Option

**"Made-To-Order Deli"**

Options:

Ham, Bologna,

Salami, Turkey,

Tuna-Thursdays

Egg Salad – Fri

Choice of Bread

Sandwich, Sub or

Wrap