



Milestones October Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>SPICY QUESADILLA</p> <p>CHIPOLTE CHICKEN + CHEESE QUESADILLA FIESTA RICE MEXICAN STREET CORN BLACK BEAN SALSA RED + GREEN GRAPES CRUNCHY APPLE SLICES</p>	<p>3</p> <p>BACKYARD PICNIC</p> <p>TURKEY + CHEESE SUBS CAPE COD CHIPS LEMON PESTO PASTA SALAD CARROTS + CELERY STICKS FRESH STRAWBERRIES WATERMELON SLICE</p>	<p>4</p> <p>DRAGON BOWL</p> <p>TERIYAKI CHICKEN BOWL VEGETABLE FRIED RICE FRESH STIR-FRY SESAME VEGETABLES MANDARIN ORANGES BABY CARROTS FORTUNE COOKIE</p>	<p>5</p> <p>CHICKEN PARM</p> <p>CHICKEN PARMESAN SIDE OF PASTA ROASTED FARM VEGGIES FRESH ITALIAN BREAD GARDEN SIDE SALAD STRAWBERRY CUP FRESH CLEMENTINE</p>	<p>6</p> <p>WE BRUNCH 'IN</p> <p>MAPLE FRENCH TOAST STICKS CHEESEY SCRAMBLED EGGS MINI VERY BERRY VANILLA YOGURT PARFAIT FRESH VEGGIE DIPPERS TROPICAL FRUIT SALAD</p>
<p>9</p> <p>NO SCHOOL</p> 	<p>10</p> <p>THE BIG GRILL</p> <p>GRILL CHEESE SANDWICH WARM TOMATO SOUP GOLDFISH CRACKERS BABY CARROTS + DIP ORANGE WEDGES FRESH CUT MELON</p>	<p>11</p> <p>WINGS OF FIRE</p> <p>BUFFALO CHICKEN WINGS CONFETTI RICE WHOLE GRAIN ROLL CARROTS + CELERY STICKS RANCH+BLUE CHEESE DIP FRESH STRAWBERRIES</p>	<p>12</p> <p>PERFECT PASTA</p> <p>SPAGHETTI AND MEATBALLS LEMON ROASTED BROCCOLI FRESH ITALIAN BREAD CHOP CHOP HOUSE SALAD RED + GREEN GRAPES FRESH CLEMENTINE</p>	<p>13</p> <p>CHICKEN POT PIE</p> <p>CHICKEN POT PIE WARM MASHED POTATOES WITH GRAVY SWEET GOLDEN CORN WHOLE GRAIN ROLL FRESH BANANA CARNIVAL COOKIE</p>
<p>16</p> <p>FLATBREAD PIZZA</p> <p>IT'S A FLATBREAD PIZZA PARTY CHEESE, PEPPERONI BBQ AND BUFFALO HOUSE CAESAR SALAD CUCUMBER COINS + DIP FRESH APPLE SLICES</p>	<p>NATIONAL PASTA DAY 17</p> <p>PASTA PARTY</p> <p>CHICKEN BROCCOLI ZITI GARLIC ROASTED ZUCCHINI + SQUASH PARMESAN GARLIC KNOT WATERMELON SLICE SUGAR COOKIE</p>	<p>18</p> <p>WE BRUNCH 'IN</p> <p>BELGIAN WAFFLES CHEESY SCRAMBLED EGGS BLUEBERRY BLAST FRUIT SMOOTHIE HASH BROWN BITES TROPICAL FRUIT SALAD RED + GREEN GRAPES</p>	<p>19</p> <p>ALL BEEF NACHOS</p> <p>FIESTA TEX-MEX NACHOS BLACK BEANS AND RICE SWEET GOLDEN CORN LETTUCE, TOMATO, SALSA SOUR CREAM FRESH CUT MELON</p>	<p>20</p> <p>POTSTICKERS</p> <p>CHICKEN AND VEGETABLE POTSTICKERS SIDE OF LO MEIN NOODLES SEASAME GINGER STIR-FRY VEGGIES BABY CARROTS + DIP FRESH PINEAPPLE SLICES</p>
<p>23</p> <p>MEATBALL SUB</p> <p>MEATBALL AND MOZZARELLA SUB CRISPY FRENCH FRIES FRESH CEASAR SALAD VEGGIE DIPPERS + RANCH STRAWBERRY CUP CHOCOLATE CHIP COOKIE</p>	<p>24</p> <p>STREET TACOS</p> <p>SOUTHWEST SOFT TACOS FIESTA RICE AND BEANS LETTUCE, TOMATO, SALSA SOUR CREAM BEAN + CORN SALSA CINNAMON APPLESAUCE FRESH BANANA</p>	<p>25</p> <p>CHICKEN BASKET</p> <p>CRISPY CHICKEN FINGERS CRINKLE CUT FRENCH FRIES SUNSHINE CARROT COINS WARM DINNER ROLL FRESH ORANGE WEDGES PEACHES + PEARS</p>	<p>26</p> <p>MAC ATTACK</p> <p>MACARONI + CHEESE ROASTED BUTTERNUT SQUASH TWISTED GARLIC CHEESY BREADSTICK BABY CARROTS + DIP FRESH KIWI FRUIT</p>	<p>27</p> <p>ASIAN FUSION</p> <p>ZESTY ORANGE CHICKEN VEGETABLE FRIED RICE FRESH STIR-FRY SESAME VEGETABLES FRESH GRAPES FRESH VEGGIES + DIP 100% FRUIT SLUSH POP</p>
<p>30</p> <p>CHEF SPECIAL</p> <p>TODAY'S ENTRÉE WILL BE CHOSEN FROM STUDENT FAVORITES!</p> 	<p>31</p> <p>SPOOKTACULAR</p> <p>MUMMY DOGS LAYS POTATO CHIPS SPOOKY SURPRISE SIDES HALLOWEENIE TREAT 🍬</p> <p>HALLOWEEN</p>	<p>COME FOLLOW US!</p> <p>INSTAGRAM: @WALTHAMSCHOOLNUTRITIONK1Z TWITTER: @WPSNUTRITIONK1Z FACEBOOK: WALTHAM SCHOOL NUTRITION</p> 		<p>HARVEST OF THE MONTH</p> <p>THIS MONTH FEATURING ROMAINE LETTUCE FROM WALTHAM FIELDS</p> 

