

# October 2017

## Larc School



Menu subject to change  
If your child is allergic or does not a certain Food or foods, please feel free to send in a lunch with your child



Low fat White Milk, Fat Free Chocolate Milk comes with all lunches.  
Sun Butter Sandwich or Chicken Nuggets will be available daily with a vegetable and bread as an alternate lunch.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Hot Ham & Cheese **2**  
on roll  
Green beans  
Applesauce  
Teddy Grahams

Cheese Pizza **3**  
Sliced Carrots  
Peaches  
Chocolate Chip Cookies

Chicken Patti w gravy **4**  
Peas  
Mashed Potatoes  
Mixed fruit

Cheese Sandwich **5**  
Vegetable Soup  
w/ noodles  
Saltines  
Pears

Meatball Sandwich **6**  
Peas  
Applesauce  
Vanilla Sandwich Cookies

Cream Cheese & Jelly **9**  
Sandwich  
Sliced Carrots  
Mixed Fruit  
Vanilla Sandwich Cookies  
**ADULT PROGRAM MENU**

Cheese Pizza **10**  
Green beans  
Applesauce  
Sugar Cookies

Chicken Nuggets **11**  
Cream Spinach  
Bread  
Pears  
Animal Cookies

Bologna & Cheese **12**  
Sandwich  
Diced Carrots  
Peaches  
Oatmeal Cookies

Spaghetti & Meatballs **13**  
Peas  
Bread  
Applesauce

Sun butter & Jelly **16**  
Sandwich  
Sliced Carrots  
Applesauce  
Alphabet Cookies

Cheese Pizza **17**  
Green beans  
Peaches  
Teddy Grahams

Shephard's Pie **18**  
Broccoli  
Mashed Potatoes  
Bread  
Pears

Tuna Sandwich **19**  
Diced Carrots  
Crushed Pineapple  
Chocolate Chip Cookies

Cheese Sandwich **20**  
Chicken Vegetable  
Soup w/noodles  
Saltines  
Applesauce

Chicken Nuggets **23**  
Mixed Vegetables  
Applesauce  
Pound Cake

Cheese Pizza **24**  
Sliced Carrots  
Peaches  
Sugar Cookies

Cheeseburgers **25**  
Vegetarian beans  
French Fries  
Applesauce

Ham & Cheese **26**  
Sandwich  
Green beans  
Mixed Fruit  
Oatmeal Cookies

Cream Chicken & rice **27**  
Broccoli  
Bread  
Applesauce

Chicken Patti on roll **30**  
Peas & Carrots  
Applesauce  
Animal Cookies

Cheese Pizza **31**  
Green beans  
Pears  
Teddy Grahams



# October 2017

## Parent Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 7:00 PM Back to School Night	6 Spirit Day Spirit Wear Sale Ends	7
8	9 Columbus Day School Program Closed  Adult Program Open	10 Yankee Candle Sale Starts	11	12	13	14
Prepare Run Refreshment Bags						
15	16	17	18	19	20 Yankee Candle Sale Ends	21
Prepare Run Refreshment Bags						
22	23	24	25	26	27	28
Prepare Chip & Bib Packets						
29	30	31 Trunk or Treat	November 1	November 2	November 3 Spirit Day (Outdoors)	November 4 Run Set-up at Campbells Field
November 5 Larc School Run Event						