

Menus for October 2022



RIT
Fairmount
Building

Full Lunch - \$2.95 Breakfast - FREE Milk Only - \$.70

Make payments to your lunch account online at www.MySchoolBucks.com or by mailing a check to SCASD FSD, 653 Westerly Parkway, State College, PA 16801. Please sign up at MySchoolBucks to view account transactions and to receive low balance alerts.



October 10-14
National School Lunch Week

Monday, October 3

Chicken Nuggets
Soft Pretzel
Steamed Peas Baby Carrots
Peach Cup
Choice of Milk

Tuesday, October 4

Yogurt Parfait
Hashbrown Cucumber Slices
Apple Juice
Elf Grahams
Choice of Milk

Wed., October 5

Fish Sticks
Macaroni & Cheese
Carrots & Celery
Banana
Choice of Milk

Thursday, October 6

Mini Waffles & Canadian Bacon*
Hashbrown
Sweet Pepper Strips
Strawberry Cup
Choice of Milk

*made with turkey

Friday, October 7

No School Today

**Menus are
Subject to Change**

Monday, October 10

Popcorn Chicken
Dinner Roll
Steamed Corn Baby Carrots
Pineapple Cup
Choice of Milk

Tuesday, October 11

Hummus & Toasted Flat Bread
Baby Carrots
Sweet Pepper Strips
Apple Slices
Fruit Roll Up
Choice of Milk

Wed., October 12

Chicken Patty Sandwich
Cowboy Bean Salad
Cucumber Slices
Strawberry Cup
Choice of Milk

Thursday, October 13

Cheese Pizzaboli
Steamed Green Beans
Baby Carrots
Banana
Choice of Milk

Friday, October 14

Lasagna
Garlic Bread Stick
Broccoli & Cherry Tomatoes
Peach Cup
Choice of Milk

Monday, October 17

Chicken Nuggets
Biscuit
Baked Beans Baby Carrots
Mandarin Oranges
Choice of Milk

Tuesday, October 18

Yogurt Parfait
Hashbrown Cucumber Slices
Apple Juice
Elf Grahams
Choice of Milk

Wed., October 19

Baked Potato & Cheese Sauce
Soft Pretzel
Sweet Pepper Strips
Pineapple Cup
Choice of Milk

Thursday, October 20

Cheese Pretzel
Carrots & Celery
Apple Slices
Choice of Milk

Friday, October 21

BBQ Chicken
Corn Bread
Broccoli & Cherry Tomatoes
Strawberry Cup
Choice of Milk

Monday, October 24

Chicken Nuggets
Garlic Bread Stick
Steamed Peas Baby Carrots
Peach Cup
Choice of Milk

Tuesday, October 25

Deli Turkey Sandwich
Corn Chips
Carrot & Celery Sticks
Mandarin Oranges
Choice of Milk

Apple Crunch Day!

Hamburger
Assorted Fresh Veggies
Apple Slices
Dried Fruit Mix
Choice of Milk



Thursday, October 27

No School Today

**PB&J Uncrustable
Sandwich
available every day
as an alternate
entree choice.**

Friday, October 28

No School Today

**FREE Breakfast
Available Every Morning
Cereal & Grahams
or Poptarts
Juice, Fruit, and Milk**

Monday, October 31

Baked Potato & Cheese Sauce
Soft Pretzel
Baby Carrots
Applesauce Cup
Choice of Milk

Tuesday, November 1

Popcorn Chicken
Dinner Roll
Steamed Corn Cucumber Slices
Craisins
Choice of Milk

Wed., November 2

Hot Dog*
Baked Beans Baby Carrots
Banana
Crisp Corn Chips
Choice of Milk

*turkey & beef

Thursday, November 3

Grilled Cheese Sandwich
Pasta Salad Pepper Strips
Pineapple Cup
Goldfish Crackers
Choice of Milk

Friday, November 4

Pasta & Meatballs
Garlic Bread Stick
Broccoli & Cherry Tomatoes
Apple Slices
Choice of Milk