

# October Cold Lunch

# Richmond Burton H.S. #157 Nippersink S.D. #2



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chicken Salad Pita Green Side Salad/Ranch Chilled Cupped Fruit	Pizza Munchable with Cheese & Marinara -V Green Beans Fresh Fruit
5	6	7	8	9 Teacher Institute
"Say" Cheese Sandwich -V Cherry Tomatoes Applesauce Cup	Turkey & Cheese Sub Baked Beans Chilled Cupped Fruit	Crispy Chicken Salad Celery Sticks w/ Ranch Raisins/Cranberries	Turkey Ranch Roll -Up Mixed Vegetables Chilled Cupped Fruit	No School No Service
12 Columbus Day	13	14	15	16
No School No Service	Crispy Ranch Chicken Salad Chilled Cupped Fruit	Sun Butter & Jelly Wrap -V Cucumbers/Ranch Raisins/Cranberries	Turkey Sandwich Baby Carrots Chilled Cupped Fruit	Pizza Munchable with Cheese & Marinara -V Corn Fresh Fruit
19	20	21	22	23 P/T Conferences
26	27	28	29	30

**Students—FREE**

**Staff— \$ 3.00**

**Included with Every  
Meal  
Fruit and Vegetable  
1% or Fat-Free Milk**

**V= Vegetarian**

Menu changes are occasionally necessary. Notice will be given when possible. This institution is an equal opportunity employer.

**Arbor A+ Nutrition Mission  
To serve students daily:**

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

*~Arbor Management~*

**Make Choices for a Healthy Lifestyle!**



For more  
information or to  
"Ask the Dietitian",  
check out our website!