

THE LEARNING CENTER FOR THE DEAF • MENU OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
BREAKFAST Chicken Sandwich on a Bun w/Lettuce & Tomatoes Oven Baked Fries Raw Carrot & Celery Sticks ALT: Veggie Patty Fresh Fruit & Milk	BREAKFAST Meatball Sub on WG Roll Garden Salad Baby Carrots ALT: Veggie Meatball w/Roll Fresh Fruit & Milk	BREAKFAST Macaroni & Cheese Tossed Salad Green Beans ALT: Veggie Patty Fresh Fruit & Milk	BREAKFAST Cheeseburger on WG Bun Oven Baked Fries Spinach ALT: Cheese Sub Fresh Fruit & Milk	BREAKFAST Tomato Soup Grilled Cheese on WG Bread Cucumber Salad Fresh Fruit & Milk
9	10	11	12	13
COLUMBUS DAY NO SCHOOL	BREAKFAST Chicken Caesar WG Wrap w/Lettuce & Tomatoes Roasted Potato Wedges Baby Carrots ALT: Hummus Wrap Fresh Fruit & Milk	BREAKFAST WW Pasta w/Meat Sauce Cauliflower Garden Salad ALT: Veggie Sauce Fresh Fruit & Milk	BREAKFAST Hot Dog On WG Bun Baked Beans Coleslaw ALT: Veggie Baked Beans Fresh Fruit & Milk	BREAKFAST WG Assorted Cheese or Pepperoni Pizza Raw Carrots & Celery Sticks Tossed Salad Fresh Fruit & Milk
16	17	18	19	20
BREAKFAST Hamburger on WG Bun w/Lettuce & Tomatoes Potato Tots Broccoli ALT: Veggie Burger Fresh Fruit & Milk	BREAKFAST Chicken Nuggets Oven Baked Fries Green Beans ALT: Veggie Patty Fresh Fruit & Milk	BREAKFAST Cheese Ravioli w/Marinara Sauce WG Dinner Roll Baby Carrots Fresh Fruit & Milk	BREAKFAST BBQ Pulled Pork Brown Rice Black Bean Salsa Spinach ALT: BBQ Veggie Patty Fresh Fruit & Milk	BREAKFAST Italian Sub on WG Roll Pasta Salad Raw Carrots & Celery Sticks ALT: Cheese Sub Fresh Fruit & Milk
23	24	25	26	27
BREAKFAST Chicken Tenders Sweet Potato Tots Broccoli ALT: Roasted Chick Peas Fresh Fruit & Milk	EARLY RELEASE 12:00PM BREAKFAST Ham & Cheese Sandwich on WG Bread Pasta Salad Baby Carrots ALT: Cheese Sandwich Fresh Fruit & Milk	BREAKFAST American Chop Suey Garden Salad Green Beans ALT: Veggie Chop Suey Fresh Fruit & Milk	BREAKFAST Turkey Wrap w/Lettuce & Tomatoes Sweet Potato Tots Spinach ALT: Hummus Wrap Fresh Fruit & Milk	BREAKFAST WG Assorted Cheese or Pepperoni Pizza Raw Carrots & Celery Sticks Garden Salad Fresh Fruit & Milk
30	31			
BREAKFAST Turkey Burger on WG Bun w/Lettuce & Tomatoes Oven Baked Fries Spinach ALT: Veggie Burger Fresh Fruit & Milk	BREAKFAST Chili Con Carne Topped w/Cheese Corn Bread Garden Salad ALT: Veggie Chili Fresh Fruit & Milk			

Student/Employee Name _____

Cost of Meals:
Kids/ B: \$2.25 L: \$3.25
Adults/Employee/ B: \$2.66* L: \$3.98*
(*Listed price includes MASS sales tax)

Payment Options:
www.sendmoneytoschool.com

- Create an Account
- Deposit Funds using a credit card
- \$2.00 processing fee for service

Return payment to Lynn Marshall at the White House Administrative Building located at: 848 Central St. Framingham, MA. 01701

Free and Reduced Meal Benefits:
Go to www.lunchapp.com to apply for Free & Reduced meal benefits

Nutrition Program Contact:
Jennifer Greenfield
Email: jennifer_greenfield@tlcdeaf.org
VP: (774) 406-3311

Notes:

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

ALT = Alternate

Please note our revised menu format. Breakfast is now listed above the lunch for each day. It is offered Monday-Friday and consists of cold cereal, a bran muffin, fruit of the day and milk. You will need to mark both breakfast and lunch that you want to purchase for each day.

