THE LEARNING CENTER FOR THE DEAF • OCTOBER 2018 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	**2**	**3**	**4**	**5**
BREAKFAST SOUP OF THE DAY Corn Dogs Baked Beans Broccoli Healthy Choice Salad Bar ALT: Veggie Beans OR: Sun Butter & Jelly Sandwich Assorted Fresh Fruit & Milk	BREAKFAST SOUP OF THE DAY Chicken Tenders Sweet Potato Puffs Green Beans Healthy Choice Salad Bar ALT: Tofu w/Veggies OR: Salami Sandwich Assorted Fresh Fruit & Milk	BREAKFAST SOUP OF THE DAY American Chop Suey Sautéed Spinach Cucumber Sticks w/Dip Healthy Choice Salad Bar ALT: Veggie Suey OR: Chicken Salad Sandwich Assorted Fresh Fruit & Milk	BREAKFAST SOUP OF THE DAY Turkey Burger on WG Bun w/Lettuce & Tomatoes Fruited Yogurt Broccoli Healthy Choice Salad Bar ALT: Veggie Burger OR: Sun Butter Sandwich Assorted Fresh Fruit & Milk	BREAKFAST SOUP OF THE DAY WG Assorted Cheese, Vegetable or Pepperoni Pizza Raw Carrots & Celery Stick Three Bean Salad Healthy Choice Salad Bar OR: Hot Pastrami Sandwich Assorted Fresh Fruit & Milk
8	**9**	**10**	**11**	**12**
Indigenous Peoples Day **Columbus Day** **(NO SCHOOL)**	BREAKFAST SOUP OF THE DAY Sloppy Joe on WG Bun Baby Carrots Black Bean Salsa Healthy Choice Salad Bar ALT: Veggie Patty OR: Turkey Sandwich Assorted Fresh Fruit & Milk	BREAKFAST SOUP OF THE DAY Macaroni & Cheese Peas Fruited Yogurt Healthy Choice Salad Bar ALT: Egg Salad Sandwich Assorted Fresh Fruit & Milk	BREAKFAST SOUP OF THE DAY Ham & Cheese Sandwich w/Lettuce & Tomatoes Cauliflower Garbanzo Salad Healthy Choice Salad Bar ALT: Roast Beef Sandwich OR: Sun Butter & Jelly Sandwich Assorted Fresh Fruit & Milk	BREAKFAST SOUP OF THE DAY Italian Sub Roll Corn Mexican Salad Italian Green Beans Healthy Choice Salad Bar ALT: Cheese Sub OR: Hot Pastrami Sandwich Assorted Fresh Fruit & Milk
15	**16**	**17**	**18**	**19**
BREAKFAST SOUP OF THE DAY (Tomato Soup) Grilled Cheese on WG Bread Mixed Vegetables Healthy Choice Salad Bar ALT: Hummus Sandwich Assorted Fresh Fruit & Milk	BREAKFAST SOUP OF THE DAY Chicken & Broccoli Alfredo w/Lettuce & Tomatoes Baby Carrots Fruited Yogurt Healthy Choice Salad Bar ALT: Vegetable Alfredo OR: Salami Sandwich Assorted Fresh Fruit & Milk	BREAKFAST SOUP OF THE DAY WW Pasta w/Meat Sauce Cauliflower Garden Salad Healthy Choice Salad Bar ALT: Veggie Sauce OR: Tuna Salad Sandwich Assorted Fresh Fruit & Milk	BREAKFAST SOUP OF THE DAY Hot Dog on WG Bun Baked Beans Coleslaw Healthy Choice Salad Bar ALT: Veggie Hot Dog OR: Egg Salad Sandwich Assorted Fresh Fruit & Milk	BREAKFAST SOUP OF THE DAY WG Assorted Cheese, Vegetable or Pepperoni Pizza Raw Carrots & Celery Stick Three Bean Salad Healthy Choice Salad Bar OR: Hot Pastrami Sandwich Assorted Fresh Fruit & Milk
22	**23**	**24**	**25**	**26**
BREAKFAST SOUP OF THE DAY BBQ Pulled Pork Brown Rice Black Bean Salsa Spinach Healthy Choice Salad Bar ALT: BBQ Veggie Patty OR: Pastrami Sandwich Assorted Fresh Fruit & Milk	12:00PM EARLY RELEASE BREAKFAST Turkey & Cheese Sandwich on WG Bread Pasta Salad Baby Carrots Healthy Choice Salad Bar ALT: Cheese Sandwich OR: Ham Sandwich Assorted Fruit & Milk	BREAKFAST SOUP OF THE DAY Cheese Ravioli w/Marinara Sauce Green Beans Healthy Choice Salad Bar ALT: Bologna Sandwich Assorted Fresh Fruit & Milk	BREAKFAST SOUP OF THE DAY Hamburger on WG Bun w/Lettuce & Tomatoes Broccoli Cucumber Sticks w/Dip Healthy Choice Salad bar ALT: Veggie Burger OR: Turkey Burger on Bun Assorted Fresh Fruit & Milk	BREAKFAST SOUP OF THE DAY Chicken Nuggets Sweet Potato Puffs Raw Carrot & Celery Sticks Healthy Choice Salad Bar ALT: Tofu w/Veggies OR: Roast Beef Sandwich Assorted Fresh Fruit & Milk
29	**30**	**31**		
BREAKFAST SOUP OF THE DAY BBQ Chicken Breast Brown Rice Summer Squash Healthy Choice Salad Bar ALT: Tofu W/ Veggies OR: Tuna Salad Sandwich Assorted Fresh Fruit & Milk	BREAKFAST SOUP OF THE DAY Steak & Cheese on WG Sub Roll Three Bean Salad Carrot Sticks w/Dip Healthy Choice Salad Bar ALT: Veggie Patty on Sub OR: Turkey Sandwich Assorted Fresh Fruit & Milk	BREAKFAST SOUP OF THE DAY Baked Cheese Shells Green Beans Fruited Yogurt Healthy Choice Salad Bar ALT: Egg Salad Sandwich Assorted Fresh Fruit & Milk		

Student/Employee Name

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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 Sharon Deignan 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

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