

# Elementary Lunch Menu

## October 2019

<http://www.belmont.k12.ma.us/bps/Home/Food-Services>



**Do you want to track and make deposits to your student's account online?** All you need is their ID number and then to visit the link below.  
<https://www.myschoolbucks.com/>  
 Please call our office at 617-993-5871 for ID number and any help.

### P.A.C.K WEEK

**P.A.C.K. Week is all about packing more colorful fruits and veggies into children's diets. If you pack a snack or lunch for your child, please pack a fruit or vegetable based on the color of the day.**

**Don't Forget to Submit your 2019-20 Free/Red App!!**

Apply Online Here:

<https://www.schoollunchapp.com/District.aspx>

**Meal Prices**  
 Lunch: \$2.75  
 Entrée or 2nd Entree: \$1.75  
 8 Oz Milk: .50  
 Fruit and veggies with all meals as well as milk!

**Available Daily:**  
 (V) PB&J on WG Bread  
 (V) Yogurt and Cheese Tray  
 (V) Bagel Lunch Tray  
 Chix Nuggets (Not Tuesday)  
**POWER PACKS!**

**Questions:** Please contact Dustin O'Brien, Food Service Director at 617-993-5871 or [dobrien@belmont.k12.ma.us](mailto:dobrien@belmont.k12.ma.us)

<p>(9/30)  <b>Student Favorite!</b>                  (V) Grilled Cheese w/ Tomato Soup                  WG Goldfish                  Steamed Carrots                  Diced Pineapple</p>	<p>(1)  <b>NICK'S PLACE II</b>                  (V) Cheese Slice                  Pepperoni Slice                  Roasted Cauliflower                  Diced Pears                  Carrot Sticks</p>	<p>(2)  <b>IT'S BACK</b>                  Orange Chicken and Rice Bowl                  Brown Rice                  Sweet &amp; Sour Sauce                  Diced Pineapple</p>	<p>(3)  <b>Crispy BLT on a Sub Roll</b>                  Crinkle Cut Fries                  Tossed Caesar Salad                  Gala Apple</p>	<p>(4)  <b>Chicken Patty on a WG Bun</b>                  Oven Baked Fries                  Lettuce &amp; Tomatoes                  Macintosh Apples</p>
<p>(7)                  (V) Mini Cheese Raviolis                  Marinara Sauce                  Garlic French Bread                  Tossed Caesar Salad                  Fresh Grapes</p>	<p>(8)  <b>NICK'S PLACE II</b>                  (V) Cheese or Pepperoni Slice                  Steamed Broccoli                  Baby Carrots                  Diced Pears</p>	<p>(9)  <b>Breakfast for Lunch</b>                  WG French Toast w/ Sausage                  Hash Brown                  Orange Juice Cups</p>	<p>(10)  <b>Student Favorite</b>                  Meatball Sub w/ Melted Mozzarella                  Roasted Sweet Potatoes                  Fruit Mix</p>	<p>(11)  <b>Build a Bowl!</b>                  Mashed Potatoes w/ Popcorn Chicken                  Sweet Corn                  Gravy &amp; WG Roll                  Assorted Fruits</p>
<p>(14)  <b>NO SCHOOL</b>    <b>COLUMBUS DAY</b></p>	<p>(15)                  (V) Cheese or Pepperoni Slice                  Lemon Zested Broccoli                  Apple Crisp w/ Whipped Cream</p>	<p>(16)  <b>Fajita Chicken Bowl</b>                  w/ Cheddar                  Seasoned Rice and Black Beans                  Gala Apple</p>	<p>(17)  <b>Chicken Tenders</b>                  Baked Potato Wedges                  Assorted Sauces                  Diced Peaches</p>	<p>(18)  <b>WG Nacho Chips w/ Beef and Shredded Cheese</b>                  Shredded Lettuce                  Kickin' Pinto Beans                  Diced Tomatoes</p>
<p>(21)  <b>PURPLE DAY!</b>                  (V) Cheese Quesadilla                  Seasoned Rice  <b>Red Grapes</b>                  Assorted Fruit</p>	<p>(22)  <b>BROWN DAY!</b>                  (V) Cheese or Pepperoni Slice  <b>Roasted LOCAL Russet Potatoes</b>                  Sliced Oranges</p>	<p>(23)                  Early Release Day!    <b>No Lunches Served!</b></p>	<p>(24)  <b>YELLOW DAY!</b>  <b>BYO Burger Bar</b>                  Baked Fries                  Lettuce &amp; Tomatoes                  WG Cookie  <b>Sliced Pineapple</b></p>	<p>(25)  <b>GREEN DAY!</b>                  Toasted Turkey, Ham and Cheese                  WG Pretzels  <b>Fresh Pears</b></p>
<p>(28)  <b>NEW ITEM</b>                  (V) Soft Pretzel                  Cheddar Dip Cups                  Veggie Crunchers                  Assorted Fruits</p>	<p>(29)  <b>NICK'S PLACE II</b>                  (V) Cheese or Pepperoni Slice                  Roasted Sweet Potatoes                  Diced Pineapple</p>	<p>(30)                  Early Release Day!    <b>No Lunches Served!</b></p>	<p>(31)  <b>HAPPY HALLOWEEN!</b>                  American Chop Suey                  Steamed Peas                  Garlic French Bread                  Gala Apples</p>	<p>(11/1)  <b>Kayem All Beef Hot Dog</b>                  Spiral Fries                  Tossed Caesar Salad                  Fresh Grapes</p>