



**Cedar Hill
October 2017
Bernard's Township
Elementary Schools**

Entrée's Available Daily

**Cheese OR Pepperoni Pizza
Baked Chicken Patty on a WG Roll
Angus Burger,
Angus Cheeseburger, OR
Veggie Burger on WG Roll
Entrée Salad of the Day
Hummus and Vegetable Platter**

Available Daily:

**Premium Fruits, Assorted Veggies, &
Juice
ALL Lunches include Choice of Skim,
1%, Non Fat Chocolate Milk OR 8oz
Bottle of Water
Free or Reduced Lunches to
Those who qualify
Lunch Price \$2.60**

For Nutritional Information,
Please Visit

<http://bernards.schooldish.com>



This institution is an equal opportunity provider.

2
Mini Pancakes with
Chicken Sausage
(GED)

Maple Syrup

Fresh Broccoli

Mixed Fruit Cup

3
Macaroni and Cheese*
with a WG Dinner Roll
(GED)

Green Beans

Diced Peaches

4
**1/2 Day Teacher
In-Service Day
No Lunches
Served**

5
Ace Giveaway
Bean and Rice Tortilla
Bowl (GD)

Dinner Roll (G)

Steamed Carrots

Fresh Orange

6
Cheeseburger Rolletto
(GD)

Steamed Spinach

Apricots

9
Chicken Tenders (G)

Honey Butter Roll (G)

Mashed Potatoes

Fruit Cocktail

10
Rotini Pasta with Italian
Meat Sauce* with Rip
Stick (GD)

Green Beans

Fresh Banana

11
Grilled Cheese with
Ham OR Plain* (GED)

Steamed Carrots

Fresh Orange Wedges

12
Chicken Parmigiana on
Flatbread (GED)

Shoestring Fries

Celery Sticks

Applesauce

13
Mozzarella Cheese
Dippers* with Marinara
Sauce (GD)

Mandarin Oranges

Fresh Baby Carrots

16
Penne Pasta with
Chicken Rosa Sauce
with Garlic Flatbread
(GD)

Fresh Baby Carrots

Fresh Grapes

17
Chicken & Cheese Hard
Tacos with Lettuce &
Tomato* (GD)

Cilantro Lime Rice (G)

Cauliflower

Fresh Banana

18
Cheesy Baked Penne*
with Meatballs (GD)

Parmigiana Bread
Stick (GD)

Roasted Squash

Diced Pears

19
Tater Bite Chicken
Nachos with Tortilla
Chips (GD)

Baby Carrots

Applesauce

20
Chicken Patty BLT
(GD)

Steamed Broccoli

Fresh Fruit Cup

23
Mozzarella Cheese
Sticks with Marinara
Sauce* (GD)

Sweet Corn

Fresh Apple Wedges

24
Mini Pierogi's with
Rosa Sauce (GED)

WG Dinner Roll (G)

Green Beans

Diced Peaches

25
French Toast Sticks
(GE) with Chicken
Sausage

Sweet Potato Tots

Fresh Banana

26
Spaghetti Carbonara
with Peas, Bacon and
Chicken (GED)

Celery Sticks

Fresh Cantaloupe

27
Popcorn Chicken(G)
with Shoestring Fries

Steamed Spinach

Mandarin Oranges

30
Cheese Quesadilla* OR
Chicken Quesadilla
(GD)

Roasted Brussel
Sprouts

Mixed Fruit

31
All Beef Hot Dog on a
WG Bun (G)

Shoestring Fries

Steamed Carrots

Fresh Banana

Gluten Free pasta is
available whenever
regular pasta is served

Gluten free pizza is
available every Friday

Vegetarian Options

***Many Lunch options
can also be made
Vegetarian ***

**Menu Subject to
Change**

Allergen Key

G – Contains Gluten

E -- Contains Egg

D -- Contains Dairy