

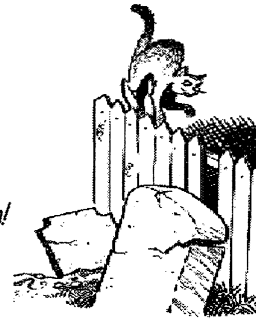


2017

CARYLWOOD & COLUMBUS
INTERMEDIATE SCHOOLS

GRADES 4, 5 and 6


National School Lunch Week is Oct. 9 - Oct. 13 *Come Join Us For Lunch!*
Healthy Choices.....Healthy Life



STOP: Important message: YOU MUST REAPPLY

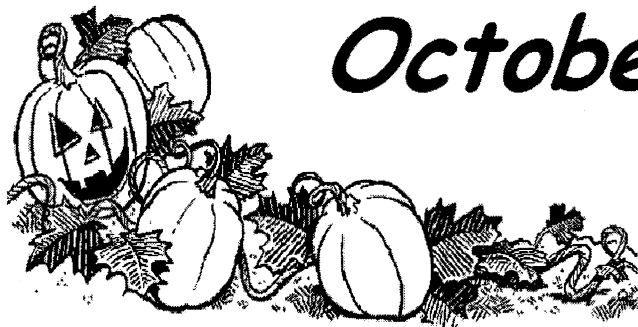
Students must have a 2017-2018 Free and Reduced Meal application on file by Oct. 6, 2017 or have received notification of Direct Certification to continue to be eligible for free and reduced benefits. Students that do not have 2017-2018 application or a Direct Cert. notice by 10/6/17 must be removed from the program as of 10/9/17. You may reapply at any time during the school year!

Apple Juice Applesauce Cup Pancakes Grab and Go Low Fat Milk-Variety	Apple Juice Cereal Bar (1wg) Raisins Low Fat Milk-Variety	Apple Juice Breakfast Builder(2wg) Egg & Cheese Fresh Banana Low Fat Milk-Variety	Apple Juice Dream Waffle (2wg) Fresh Apple Low Fat Milk-Variety	Apple Juice Pop Tart (2wg) Flavored Craisins Low Fat Milk-Variety	Cal 479 T.Fat 7.82 G S.Fat 2.9 G Chol 26.5 Mg Sodm 431.23 Mg
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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 Cheese Stuffed Breadstick w/ Dip Steamed Cauliflower Green Beans Fruit Cocktail Low Fat Milk-Variety	3 Walking Taco Spinach Peas Strawberry Cup Low Fat Milk-Variety	4 Hamburger w/ Bun w/ condiments Vegetarian Baked Beans Cooked Carrots Fresh Apple Low Fat Milk-Variety	5 Personal Pan Pizza chees Garden Salad & Dressing Carrot Sticks Applesauce Cup Low Fat Milk-Variety	6 Bearcat W.G. Pizza Cool Cucumber & Tomato w/ Lite Dip Corn Apple Juice Low Fat Milk-Variety	Cal 663 T.Fat 19.32 G S.Fat 6.5 G Chol 42.0 Mg Sodm 1213.74 Mg Carb 98.04 G Fiber 12.1 G
9 Hot Dog (turkey) on Bun w/ condiments Vegetarian Baked Beans Broccoli Chilled Peaches Low Fat Milk-Variety	10 French Bread Pizza Walking Salad with Lite Dip Corn Fresh Orange Quarters Low Fat Milk-Variety	11 Calzone w/ beef pepperon Green Beans Carrot Sticks Applesauce Cup Low Fat Milk-Variety	12 Chicken Sticks & Dip Split Top Wheat Roll Collard Greens w/ onion Carrot Sticks Pineapple Tidbits Low Fat Milk-Variety	13 No School Today NEOEA Day 	Cal 651 T.Fat 20.10 G S.Fat 6.6 G Chol 45.2 Mg Sodm 1126.12 Mg Carb 94.23 G Fiber 10.0 G

Ingredients and menu items are subject to change or substitution without notice.

"This Institution is an equal opportunity provider."



October

CARYL WOOD & COLUMBUS INTERMEDIATE SCHOOLS

Opps! Are you running late...forgot to stop at the bank? Need lunch money for your kids??

Bedford City Schools offer a convenient service that allows you, for a small fee, to securely pay for your students meals online using your credit /debit card. You can place money on all your kids accounts at one time! Opening an account is easy. So go to <https://myschoolbucks.com> and sign up!

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
16 wg Oven Fried Chicken Drumstick Split Top Wheat Roll Corn Sweet Potatoes Chilled Mandarin Oranges Low Fat Milk-Variety	17 Meat Loaf Burger Salis. Green Beans Carrot Sticks Strawberry Cup Low Fat Milk-Variety	18 Chicken Nuggets & Waffle Broccoli Carrot Sticks Pineapple Tidbits Low Fat Milk-Variety	19 Taco Wedges Snax Fiesta Bean Salad Peas Fresh Apple Low Fat Milk-Variety	20 Bearcat W.G. Pizza Walking Salad with Lite Dip Carrot Sticks Applesauce Cup Low Fat Milk-Variety	Cal 669 T.Fat 19.56 G S.Fat 6.2 G Chol 46.4 Mg Sodm 1119.68 Mg Carb 96.09 G Fiber 10.9 G Prtn 30.47 G Iron 4.16 Mg
23 Corn Dog (chicken)wg Liliana's Garbanzo Bean Salad Green Beans Pineapple Tidbits Low Fat Milk-Variety	24 PopCorn Chicken w/ Ranch Dip Split Top Wheat Roll Collard Greens w/ onion Carrot Sticks Fruit Cocktail Low fat Milk-Variety	25 Crazy Cheese Bread Walking Salad with Lite Dip Corn Chilled Peaches Low fat Milk-Variety	26 Chicken Patty on Bun Broccoli Carrot Sticks Chilled Pears Low fat Milk-Variety	27 Bearcat W.G. Pizza Peas Carrot Sticks Fresh Banana Low Fat Milk-Variety	Cal 621 T.Fat 16.64 G S.Fat 5.1 G Chol 49.3 Mg Sodm 1089.14 Mg Carb 91.23 G Fiber 12.0 G Prtn 30.66 G Iron 3.88 Mg
30 Cheese Stuffed Breadstick w/ Dip Steamed Cauliflower Green Beans Fruit Cocktail Low Fat Milk-Variety	31 <u>Halloween!</u> Walking Taco Spinach Peas Strawberry Cup Low Fat Milk-Variety	1 <u>November</u> Hamburger w/ Bun w/ condiments Vegetarian Baked Beans Cooked Carrots Fresh Apple Low Fat Milk-Variety	2 Personal Pan Pizza chees Garden Salad & Dressing Carrot Sticks Applesauce Cup Low Fat Milk-Variety	3 Bearcat W.G. Pizza Cool Cucumber & Tomato w/ Lite Dip Corn Apple Juice Low Fat Milk-Variety	Cal 663 T.Fat 19.32 G S.Fat 6.5 G Chol 42.0 Mg Sodm 1213.74 Mg Carb 98.04 G Fiber 12.1 G Prtn 30.88 G Iron 4.24 Mg

Ingredients and menu items are subject to change or substitution without notice.

IMPORTANT NOTICE!

If your child suffers from a food allergy or restriction, **please let the Cafeteria know!** You **MUST** provide a doctors note for any allergies or restrictions **with** appropriate food substitutions **every year.** 440-439-4530.