



OCTOBER 2021

[Ansonia High School & Ansonia Middle School]



Monday

Tuesday

Wednesday

Thursday

Friday

Chicken & Waffles **4**
Crispy Chicken
Waffle Bites
Home Fried Potatoes
Maple Syrup
Fruit Choice

Taco Nachos **5**
Seasoned Beef
Corn Tortilla Chips
Cheddar Cheese
Salsa
Fruit Choice

Chicken Parmesan **6**
Sandwich
Spinach Salad
Fruit Choice

General Tso Chicken **7**
Fried Rice
Steamed Edamame
Diced Pineapple

Baked Mozzarella **1**
Sticks
Marinara Sauce
Romaine Salad
Fresh Fruit

Jamaican Beef Patty **8**
Rice and Beans
Seasoned Green Beans
Fruit Choice

Columbus Day 11
No School

Quesadilla **12**
Black Bean Salad
Fruit Choice

Steak and Cheese **13**
Sandwich
Sautéed Mushrooms
Fruit Choice

Pasta with Meat **14**
Sauce
Garlic Bread
Steamed Broccoli
Fruit Choice

Popcorn Chicken **15**
Mashed Potatoes
Sweet Corn
Gravy
Fruit Choice

Cheeseburger **18**
Turkey Bacon
Oven Baked Fries
Fruit Choice

Taco Salad **19**
Corn Tortilla Shell
Romaine Lettuce
Cheddar Cheese
Salsa

Meatball **20**
Grinder
Cucumber Salad
Fruit Choice

Teriyaki Chicken **21**
Steamed Rice
Roasted Carrots
Fruit Choice

Baked Lasagna **22**
Garlic Bread
Bean Salad
Fruit Choice

Brunch for Lunch **25**
French Toast
Chicken Sausage
Home Fried Potatoes
Fruit Choice

Beef Burrito Bowl **26**
Seasoned Rice
Pico De Gallo
Black Beans
Corn Tortilla Shell

Chicken Sliders **27**
Honey Mustard or BBQ
Sauce
Coleslaw
Fruit Choice

Chicken Tenders **28**
Potato Wedges
Garden Salad
Fruit Choice

Baked Meatloaf **29**
Mashed Potatoes
Glazed Carrots
Gravy
Fruit Choice

All Meals Are Free to All Students and include a choice of Milk

