



This institution is an equal opportunity Provider and Employer

# OCTOBER 2024

## Henry James Middle School

Application forms for free and reduced priced meals are available at your school or you may download them at [www.stmsbury.k12.ct.us](http://www.stmsbury.k12.ct.us). Look for us under Nutrition Services. Remember we need a new completed form every year. Please contact Nutrition Services with any questions.

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Fruit, Veggies and Milk available Daily!	1 Creamy Mac and Cheese Dinner Roll Broccoli	2 Egg and Cheese on a Roll Hash Brown Patty Chicken Sausage Patty	3 <i>Rosh Hashanah</i>  <i>No School</i>	4 Bagel Pizza Seasoned Corn
7 Chicken & Cheese Empanada w/Salsa and Sour Cream Seasoned Rice	8 Lasagna Roll ups Breadstick Garden Salad	9 Pancakes Hash Brown Patties Chicken Sausage Patty	10 Soft Taco W/Sour Cream, Salsa, Lettuce & Tomato 3 Bean Salad	11 Personal Pizza Diced Carrots
14 <i>Columbus Day</i>  <i>No School</i>	15 Mozzarella Sticks Garlic Knot Green Beans	16 Waffles Hash Brown Patty Egg Patty	17 Hamburger/ Cheeseburger on a Roll Oven Fries	18 French Bread Pizza Roasted Chick Peas
21 Chicken Patty on a Roll Emoticon Fries	22 Pasta and Meat Sauce Breadstick Mixed Veg	23 <i>Early Release</i> <i>Grab and Go</i>	24 Walking Taco w/Sour Cream and Salsa Lettuce & Tomato Tex Mex Corn	25 Stuffed Crust Pizza Sweet Peas
28 Hot Dog on a Roll Baked Beans Potato Wedges	29 Meatball Grinder w/Cheese Caesar Salad	30 Pancakes Hash Brown Patty Chicken Sausage Patty	31 Bat Shaped Chicken Nuggets Smile Fries EEK Frozen Juice Treat	

Lunch is \$4.00 or Free for those whose eligibility qualifies. Please pay by Cash, Check or SchoolCafe Family Hub online. Lunch consists of Entrée, Veg, Fruit and Milk. Students must choose at least ½ cup of fruits and veg. A La Carte Sold separately. Breakfast is served daily in the cafeterias. Breakfast is \$2.50 or free for those whose eligibility qualifies.

Menu Subject to Change

Check Out the Weekly  
Salad and Sandwich  
Selection!!

