


# IPSWICH ELEMENTARY LUNCH MENU

## October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*Before placing your order, please inform your server if a person in your party has a food allergy</i></p>		<p>All meals are served with vegetables, fruit &amp; milk to make a complete and healthy meal. Please visit the food service website at <a href="http://www.schoolnutritionandfitness.com">www.schoolnutritionandfitness.com</a>. Pre-pay online at <a href="http://myschoolbucks.com">myschoolbucks.com</a> or send cash or check (Ipswich food service) into school. A la Carte items available for purchase in addition to <b>FREE</b> breakfast &amp; lunch.</p>		<p>1 Gills Cheese Pizza Fresh Veggie Cup  Turkey &amp; Cheese Sandwich</p>
<p>4 Beef Teriyaki <b>Vegetable lo mein</b> fortune cookie  Chicken Salad Sub</p>	<p>5 Pancakes Maple Syrup Yogurt Fresh Apple  Chicken Salad Sub</p>	<p>6 Pasta Meat Sauce Dinner Roll Mixed vegetables  Chicken Salad Sub</p>	<p>7 pizza power pack  Chicken Salad Sub</p>	<p>8 Gills Cheese Pizza  Chicken Salad Sub</p>
<p>11 <b>INDIGENOUS PEOPLES DAY!</b>  NO SCHOOL</p>		<p>13 Creamy Macaroni &amp; Cheese Mixed vegetables Dinner Roll  BLT Wrap</p>	<p>14 Pretzel Power Pack  BLT Wrap</p>	<p>15 Gills Cheese Pizza  BLT Wrap</p>
<p>18 Chicken Nuggets fluffy mashed potato Corn  Turkey &amp; Cheese Sub</p>	<p>19 Hot Dog on a W.G. hotdog bun Baked Beans Fresh Veggie Cup  Turkey &amp; Cheese Sub</p>	<p>20 Pasta w/ Meatballs Dinner Roll Fresh Tossed Salad  Turkey &amp; Cheese Sub</p>	<p>21 Nacho Power Pack  Turkey &amp; Cheese Sub</p>	<p>22 Gills Cheese Pizza  Turkey &amp; Cheese Sub</p>
<p>25 Cheeseburger Potato Salad Mixed vegetables  Chicken Caesar Salad wrap</p>	<p>26 Egg &amp; Cheese on a Bagel Tator tots Dragon Punch  Chicken Caesar Salad wrap</p>	<p>27 Chicken, Broccoli, Alfredo on Ziti Dinner Roll  Chicken Caesar Salad wrap</p>	<p>28 Bagel Power Pack  Chicken Caesar Salad wrap</p>	<p>29 Gills Cheese Pizza  Chicken Caesar Salad wrap</p>

**Breakfast and Lunch are now being offered free to all students thru JUNE 30TH, 2021.**

WINTHROP SCHOOL 3RD CHOICE-PB&J

4TH CHOICE- SALAD W/ GRILLED CHICKEN

5TH CHOICE-HOMEMADE PIZZA

Doyon School will serve sunbutter as a substitute for peanut butter