

Menus for OCTOBER 2022

Roslyn Public Schools
Menu is subject to change

SAVE THE BANANA!



They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

VEGETABLE

Green Peas

Peas are high in fiber and protein -- and a cup of peas even provides 98% of your daily vitamin C! Researchers have recently found that peas also contain a unique blend of cancer-fighting substances called "phytonutrients."



OF THE MONTH

OCTOBER IS
Breast Cancer
AWARENESS MONTH

THE GLUTTON

The scientific name of the Wolverine literally means "glutton." These rare, solitary, and ferocious animals of the Arctic and North American high country weigh just 20-45 pounds, but they can kill full-grown caribou and deer. They'll eat just about anything -- in the Arctic, they even eat whale and walrus carcasses!



ANIMAL APPETITES

Monday, October 3	Tuesday, October 4	Wed October 5	Thursday, October 6	Friday, October 7
<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>Middle & High School Elementary Grilled Cheese</p>	<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>High School Tangerine Chicken w/Rice</p> <p>Elementary & Middle School Pizza</p>	<p><i>Yom Kippur</i> WISH YOU PEACE AND GOODNESS</p>	<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/ Jelly/ Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>Middle & High School Elementary Chicken Item</p>	<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>High School Tangerine Chicken w/Rice</p> <p>Elementary & Middle School Pizza</p>

Monday, October 10	Tuesday, October 11	Wed, October 12	Thursday, October 13	Friday, October 14
<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>High School Tangerine Chicken w/Rice</p> <p>Elementary & Middle School Pizza</p>	<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>High School Tangerine Chicken w/Rice</p> <p>Elementary & Middle School Pizza</p>	<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>Middle & High School Elementary Plain Pasta or Pasta with Meatballs</p>	<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/ Jelly/ Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>Middle & High School Elementary Chicken Item</p>	<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>High School Tangerine Chicken w/Rice</p> <p>Elementary & Middle School Pizza</p>

Monday, October 17

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

**Middle & High School
Elementary**
French Toast Sticks &
Egg Omelet

Tuesday, October 18

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School
Tangerine Chicken
w/Rice
**Elementary & Middle
School**
Pizza

Wed October 19

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

**Middle & High School
Elementary**
Plain Pasta or
Pasta with Meatballs

Thursday, October 20

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

**Middle & High School
Elementary**
Chicken Item

Friday, October 21

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School
Tangerine Chicken
w/Rice
**Elementary & Middle
School**
Pizza



Monday, October 24

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

**Middle & High School
Elementary**
French Toast Sticks &
Egg Omelet

Tuesday, October 25

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School
Tangerine Chicken
w/Rice
**Elementary & Middle
School**
Pizza

Wed October 26

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

**Middle & High School
Elementary**
Plain Pasta or
Pasta with Meatballs

Thursday, October 27

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

**Middle & High School
Elementary**
Chicken Item

Friday, October 28

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School
Tangerine Chicken
w/Rice
**Elementary & Middle
School**
Pizza

**STRANGE
BUT TRUE!**



WHY ARE THE BUTTONS ON
MEN'S AND WOMEN'S CLOTHES
ON DIFFERENT SIDES?
BUTTONS USED TO BE
ELABORATE AND COSTLY, SO
ONLY VERY WEALTHY PEOPLE
HAD THEM. THE MEN DRESSED
THEMSELVES, BUT THE WOMEN
WERE DRESSED BY SERVANTS – WHO COULD FASTEN THE
BUTTONS MORE EASILY IF THEY WERE REVERSED!

Monday, October 31

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

**Middle & High School
Elementary**
French Toast Sticks &
Egg Omelet

Please make sure to apply yourself.

That's good advice any time, but especially these days, when there's so much disruption in our lives – whether we're trying to work or learn or take care of our families. But there's something else you need to make sure to apply for: free and reduced-price school meals. Since meals are no longer free for everyone at this time, your family may be eligible to continue benefitting from convenient, healthy, dependable school meals at no charge every day. Plus, our entire district benefits when you apply, because a lot of federal funding for all sorts of education and technology programs is tied to those applications, although most folks don't realize that. So please, get in touch with us and take a moment to fill out that application. Kids throughout our community will benefit when you do. *Pick up an application at school or the district office, or visit our web site at www.roslynschools.org, or call 516-801-5059* Thanks in advance!

School Meals
We serve education every day™