

**Dover Sherborn Regional Schools - RAIDERS' CAFÉ**

**October 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>CUP OF CHILI</b> Delicious Beef & Bean Chili Tasty WG Tortilla Chips Sweet Corn Niblets Tossed Salad Onion, Salsa, Cheese & Sour Cream Carrot, Celery & Red Pepper Sticks Sweet Red Grapes	2 <b>PIZZA DAY</b> "Fresh" Pizza House Pizza Romaine Caesar Salad Tasty Chick Peas Cucumber, Celery & Red Pepper Sticks Orange Wedges Assorted Puddings	3 EARLY RELEASE NO LUNCH  <b>NATIONAL FARM TO SCHOOL MONTH</b>	4 <b>TENDER PORK ROAST</b> Delicious Pork Roast Fluffy Mashed Potatoes Warm Dinner Roll Apple Sauce Carrots, Celery & Red Pepper Sticks Crisp Apples	5 <b>DELUXE CHICKEN CAESAR SALAD</b> Warm Crispy Chicken Fresh Romaine Lettuce Crispy Sidewinder Fries Soft Pita Bread Carrot, Celery & Red Pepper Sticks Sweet Cut Melon
8 <b>COLUMBUS DAY</b> NO SCHOOL	9 <b>PIZZA DAY</b> "Fresh" Pizza House Pizza Romaine Caesar Salad Tasty Chick Peas Cucumber, Celery & Red Pepper Sticks Orange Wedges Assorted Puddings	10 <b>MACARONI DAY</b> Pasta with Marinara Sauce Tasty Italian Meatballs Zesty Zucchini & Tomatoes Romaine Caesar Salad Carrot, Celery & Red Pepper Sticks Juicy Pears	11 <b>ASIAN CHICKEN</b> Zesty Orange Asian Chicken Steamy WG Rice California Vegetable Blend Vegetable Egg Roll Bok Choy Salad Tangy Pineapple Tidbits	12 <b>LOADED NACHOS</b> Tasty WG Tortilla Chips Taco Seasoned Beef Lettuce & Tomato Sweet Corn & Beans Carrots, Celery & Red Pepper Sticks L, T, O, Cheese, Salsa, SC & Avocado Sweet Cut Melon
15 <b>CRISPY CHICKEN</b> Crispy Buffalo Chicken Bites Fluffy Mashed Potatoes Warm Texas Toast Tossed Salad Carrot, Celery & Red Pepper Sticks Sweet Red Grapes	16 <b>PIZZA DAY</b> "Fresh" Pizza House Pizza Romaine Caesar Salad Tasty Chick Peas Cucumber, Celery & Red Pepper Sticks Orange Wedges Assorted Puddings <b>WORLD FOOD DAY</b>	17 <b>MACARONI DAY</b> Chicken, Broccoli & Penne in a Lightly Seasoned Sauce Romaine Caesar Salad Carrot, Celery & Red Pepper Sticks Juicy Pears  <b>NATIONAL SCHOOL LUNCH WEEK</b>	18 <b>BUILD YOUR OWN BURRITO BOWL</b> Savory Pork Carnitas Steamy Seasoned Rice Sweet Corn & Beans Warm Tortilla L, T, O, Cheese, Salsa, SC & Avocado Carrots, Celery & Red Pepper Sticks Crisp Apples	19 <b>BURGER BAR - BUILD YOUR OWN!</b> Hamburger or Cheeseburger on a Soft Roll Spicy Spiral Fries Tossed Salad Lettuce Tomato, Onions & Pickles Carrots, Celery & Red Pepper Sticks Sweet Cut Melon
22 <b>CRISPY CHICKEN</b> Crispy Chicken Tenders White & Sweet Potato Fries Warm Breadstick Tossed Salad Carrot, Celery & Red Pepper Sticks Juicy Pears	23 <b>PIZZA DAY</b> "Fresh" Pizza House Pizza Romaine Caesar Salad Tasty Chick Peas Cucumber, Celery & Red Pepper Sticks Orange Wedges Assorted Puddings	24 EARLY RELEASE NO LUNCH  <b>NATIONAL PIZZA MONTH</b>	25 <b>BUILD YOUR OWN FAJITA</b> Tender Sliced Fajita Chicken Sautéed Onions & Peppers Warm Tortillas Seasoned Black Beans L, T, O, Cheese, Salsa, SC & Avocado Carrots, Celery & Red Pepper Sticks Crisp Apples	26 <b>SHREDDED KOREAN BBQ PORK</b> Tasty Korean BBQ Shredded Pork on a Soft Roll Crunchy Pickled Slaw Spicy Spiral Fries Carrots, Celery & Red Pepper Sticks Sweet Cut Melon
29 <b>LOADED NACHOS</b> Tasty WG Tortilla Chips Taco Seasoned Beef Lettuce & Tomato Sweet Corn & Beans Carrots, Celery & Red Pepper Sticks L, T, O, Cheese, Salsa, SC & Avocado Sweet Juicy Peaches	30 <b>PIZZA DAY</b> "Fresh" Pizza House Pizza Romaine Caesar Salad Tasty Chick Peas Cucumber, Celery & Red Pepper Sticks Orange Wedges Assorted Puddings	31 <b>Batty WG Chicken Nuggets</b> <b>Creepy Curly Fries</b> <b>Ghastly Green Beans</b> <b>Warm Dinner Roll</b> Tossed Salad Carrots, Celery & Red Pepper Sticks Juicy Pears <b>Jack-O-Lantern Cookies</b>	1 <b>TERIYAKI CHICKEN</b> Roasted Teriyaki Chicken Fresh Green Beans Steamy WG Rice Vegetable Egg Roll Bok Choy Salad Carrots, Celery & Red Pepper Sticks Crisp Apples	2 <b>BURGER BAR - BUILD YOUR OWN!</b> Hamburger or Cheeseburger on a Soft Roll Spicy Spiral Fries Tossed Salad Lettuce Tomato, Onions & Pickles Carrots, Celery & Red Pepper Sticks Sweet Cut Melon

*USDA is a equal opportunity provider and employer*

**Menus Subject to Change**

**Lunch \$3.50**

**Milk \$.70**

**Check Out Our Great Selection of Prepared Sandwiches and Salads**

**\*\*All Meals Served with\*\***

Fruit Choice

Vegetable Choice

Bread or Grain

Meat or Meat Alternate

Milk Choice

**Pears - Massachusetts Harvest of the Month!**  
**Offered throughout the Month**

**Milk \$.70**

**DELI BAR - WEDNESDAY & THURSDAY**  
**Additional Lunch Options Below**

**Milk Choices**

1% White Milk

Fat Free Chocolate Milk

Fat Free White Milk

Milk is included with Every Meal

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Deli Sandwich on a Roll	Fresh Deli Sandwich on a Roll	Fresh Deli Sandwich on a Roll	Fresh Deli Sandwich on a Roll	Fresh Deli Sandwich on a Roll
OR	OR	OR	OR	OR
Fresh Tuna on a Roll or	Fresh Tuna on a Roll or	Fresh Tuna on a Roll or	Fresh Tuna on a Roll or	Fresh Tuna on a Roll or
PB & Jelly Sandwich	PB & Jelly Sandwich	PB & Jelly Sandwich	PB & Jelly Sandwich	PB & Jelly Sandwich
OR	OR	OR	OR	OR
Tossed or Caesar Salads	Tossed or Caesar Salads	Tossed or Caesar Salads	Tossed or Caesar Salads	Tossed or Caesar Salads
Choice of Chicken, Tuna, Egg or	Choice of Chicken, Tuna, Egg or	Choice of Chicken, Tuna, Egg or	Choice of Chicken, Tuna, Egg or	Choice of Chicken, Tuna, Egg or
Cheese & additional Vegetables	Cheese & additional Vegetables	Cheese & additional Vegetables	Cheese & additional Vegetables	Cheese & additional Vegetables
OR		OR		
Delicious Fresh Hot Pizza		Delicious Fresh Hot Pizza		

**How to Find Your Lunch!**

**Door #1 - Pre-made Salads & Sandwiches,  
Pizza & Hot Sandwiches**

**Door #2 - Pizza & Hot Sandwiches**

**Door #3 - Main Meal of the Day**

**Door #4 - Main Meal of the Day & Deli Bar on Wed. & Thurs.**  
**Also, a Large Assortment of Fresh Fruits & Vegetables to Complete Your Meal**

**Ask us about our Vegan and Vegetarian options Available - Door #1 & #2**

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