## Waltham Students!

**Columbus Day**

**ALL MEALS AND MEAL KITS FREE FOR ALL WALTHAM STUDENTS!**

### In-School Menu October 2020

#### Monday
- **Homestyle Chicken**
  - Crispy Chicken Sandwich
  - Lettuce-Tomato-Pickles Tater Tots + Fruit Cup
- **Sunrise Sandwich**
  - Sausage, Egg + Cheese
  - Crossaint Sandwich
- **Taco Tuesday**
  - Soft Shell Tacos
  - Mexi Rice + Black Beans
  - Fresh Apple Slices
- **Brunch for Lunch**
  - Maple French Toast
  - Very Berry Fruit Cup

#### Tuesday
- **Grilled Cheese**
  - Grilled Cheese Sandwich
  - Goldfish Crackers
  - Strawberry Cup
- **Sunshine Sandwich**
  - Lettuce-Tomato-Cheese
  - Corn Black Beans + Rice
  - Fresh Apple Slices
- **Game Day Nachos**
  - Lettuce-Tomato-Cheese
  - Corn Black Beans + Rice
  - Fresh Apple Slices
- **Cheesy Cheeseburger**
  - Ultimate Cheddar Burger
  - Smile French Fries
  - Cucumber Dippers

#### Wednesday
- **Mac Attack**
  - Macaroni & Cheese
  - Carrot Coins + Orange Smiles
  - Whole Grain Roll
- **Cold Entree:**
  - Turkey + Cheese Sandwich
  - Goldfish Crackers
  - Fresh Fruit & Vegetables
- **Homegrown Tomato**
  - Beef Lasagna
  - Corn Black Beans
  - Fresh Apples
  - Large Bag
  - Cider Apple Cider
  - Cheddar Cheese
- **Brunch for Lunch**
  - Turkey + Cheese Sandwich
  - Goldfish Crackers
  - Fresh Fruit & Vegetables

#### Thursday
- **Introducing Curbside Family Meal Kits**
- **All American**
  - Classic Cheeseburger
  - Sweet Potato Waffle Fries
  - Watermelon Slices
- **Cold Entree:**
  - Ham + Cheese Sandwich
  - Twisted Pretzel Bites
  - Fresh Fruit & Vegetables

**Thursday Curbside Pickup: Family Meal Kits**

- **Introducing Curbside Family Meal Kits**
- **Each Meal Kit Includes the Following:**
  - 5 breakfast and 5 lunch meals
  - Fresh fruits + vegetables
  - 1/2 gallon of milk
  - 100% fruit juices
  - Kid friendly bonus snacks

### Curbside Pickup Information:

- **Sign up Required for all Families**
- **How:** Request a Meal Kit at:
  - https://forms.gle/WLmcSLwnECUUryQz9
- **Where:** McDevitt Middle School, Kennedy Middle School and Whittemore Elementary School
- **When:** Every Thursday 4:00-6:00 PM
- **Who:** Remote Learners, Waltham School Online Students and Hybrid Students Prior to their At-Home Learning Week

---

**Harvest of the Month**

- This Month
- Featuring Summer Romaine Lettuce from Waltham Farms

---

**Instagram:**

- Come Follow Us!
- Instagram: @walthamschoolnutritionk12
- Twitter: @WPSNutritionK12
- Facebook: Waltham School Nutrition

---

**Family Meal Kit**

- All Meals and Meal Kits are FREE for all Waltham Students!

---

**Menu subject to change — Equal opportunity provider**