







OCTOBER 2024 SIGONELLA UPK LUNCH

	TUESDAY 1 Chicken Parmesan w/ Breadstick Variety of Fruit Seasoned Roasted Broccoli Seasoned Corn Variety of Milk	WEDNESDAY 2 Soft Tacos Variety of Fruit Seasoned Black Beans Shredded Lettuce + Tomato Variety of Milk	THURSDAY 3 Chicken + Waffles Variety of Fruit Tater Tots Sliced Cucumbers Variety of Milk	FRIDAY 4 Whole Grain Pizza Variety of Fruit Romaine Side Salad Crinkle Cut Fries Variety of Milk
MONDAY 7 Chicken Nuggets Breadstick Variety of Fruit Mashed Potatoes Honey Glazed Carrots Variety of Milk	TUESDAY 8 Sloppy Joe Variety of Fruit Seasoned Roasted Broccoli Seasoned Corn Variety of Milk	WEDNESDAY 9 Bean & Cheese Burrito Variety of Fruit Seasoned Black Beans Shredded Lettuce + Tomato Variety of Milk	THURSDAY 10 Breakfast for Lunch Variety of Fruit Tater Tots Sliced Cucumbers Variety of Milk	FRIDAY 11 
MONDAY 14 	TUESDAY 15 	WEDNESDAY 16 Nachos Supreme Variety of Fruit Seasoned Black Beans Shredded Lettuce + Tomato Variety of Milk 	THURSDAY 17 Hummus Snack Pack Variety of Fruit Tater Tots Sliced Cucumbers Variety of Milk	FRIDAY 18 Hamburger Variety of Fruit Romaine Side Salad Crinkle Cut Fries Variety of Milk
MONDAY 21 Pasta w/ Meatballs Variety of Fruit Seasoned Green Beans Honey Glazed Carrots Variety of Milk	TUESDAY 22 Chicken Parmesan w/ Breadstick Variety of Fruit Seasoned Roasted Broccoli Seasoned Corn Variety of Milk	WEDNESDAY 23 Pumpkin Pasta Variety of Fruit Stir Fried Broccoli Rosemary Roasted Potatoes Variety of Milk Pumpkin Cake	THURSDAY 24 Chicken + Waffles Variety of Fruit Tater Tots Sliced Cucumbers Variety of Milk	FRIDAY 25 
MONDAY 28 Chicken Nuggets Breadstick Variety of Fruit Mashed Potatoes Honey Glazed Carrots Variety of Milk	TUESDAY 29 Sloppy Joe Variety of Fruit Seasoned Roasted Broccoli Seasoned Corn Variety of Milk	WEDNESDAY 30 Bean & Cheese Burrito Variety of Fruit Seasoned Black Beans Shredded Lettuce + Tomato Variety of Milk	THURSDAY 31 	

UPK is served Family Style*
Family Style Mean:

- Children eat in their classrooms
- Everyone eats the same food
- Children serve themselves

Family Style Promotes:

- Physical, social and emotional development
- Decision making skills, Sharing

2024-2025 Meal Prices	
UPK	\$3.50
UPK Reduced	\$0.40

Menu subject to change based on availability

OCTOBER 2024

SIGONELLA ELEMENTARY LUNCH

TUESDAY 1

(1) Chicken Parmesan w/
Breadsticks
(2) Ham & Cheese
Sandwich
Variety of Fruit
Seasoned Roasted Broccoli
Seasoned Corn
Variety of Milk

WEDNESDAY 2

(1) Soft Tacos
(2) Cheese Quesadilla
Variety of Fruit
Seasoned Black Beans
Shredded Lettuce +
Tomato
Variety of Milk

THURSDAY 3

(1) Chicken + Waffles
(2) Grilled Cheese
Variety of Fruit
Tater Tots
Sliced Cucumbers
Variety of Milk

FRIDAY 4

(1) Whole Grain Pizza
(2) Hamburger
Variety of Fruit
Romaine Side Salad
Crinkle Cut Fries
Variety of Milk

MONDAY 7

(1) Chicken Nuggets
(2) Cheese Lasagna
Breadstick (w/ either entrée)
Variety of Fruit
Mashed Potatoes
Honey Glazed Carrots
Variety of Milk

TUESDAY 8

(1) Hotdog
(2) Sloppy Joe
Variety of Fruit
Seasoned Roasted Broccoli
Seasoned Corn
Variety of Milk

WEDNESDAY 9

(1) Bean & Cheese Burrito
(2) Chicken Fajitas
Variety of Fruit
Seasoned Black Beans
Shredded Lettuce +
Tomato
Variety of Milk

THURSDAY 10

(1) Ham & Cheese
Croissant
(2) Breakfast for Lunch
Variety of Fruit
Tater Tots
Sliced Cucumbers
Variety of Milk

FRIDAY 11

NO SCHOOL

MONDAY 14

NO SCHOOL

TUESDAY 15

NO SCHOOL

WEDNESDAY 16

(1) Nachos Supreme
(2) Taco Salad
Variety of Fruit
Seasoned Black Beans
Shredded Lettuce +
Tomato
Variety of Milk



THURSDAY 17

(1) Bacon, Egg &
Cheese Croissant
(2) Hummus Snack Pack
Variety of Fruit
Tater Tots
Sliced Cucumbers
Variety of Milk

FRIDAY 18

(1) Whole Grain Pizza
(2) Hamburger
Variety of Fruit
Romaine Side Salad
Crinkle Cut Fries
Variety of Milk

MONDAY 21

(1) Teriyaki Chicken w/ Rice
(2) Pasta w/ Meatballs
Variety of Fruit
Seasoned Green Beans
Honey Glazed Carrots
Variety of Milk

TUESDAY 22

(1) Chicken Parmesan w/
Breadstick
(2) Ham & Cheese
Sandwich
Variety of Fruit
Seasoned Roasted Broccoli
Seasoned Corn
Variety of Milk

WEDNESDAY 23

(1) Pumpkin Pasta
(2) Turkey Sausages w/
Breadstick or Roll
Variety of Fruit
Stir Fried Broccoli
Rosemary Roasted
Potatoes
Variety of Milk
Pumpkin Cake

THURSDAY 24

(1) Chicken + Waffles
(2) Grilled Cheese
Variety of Fruit
Tater Tots
Sliced Cucumbers
Variety of Milk

FRIDAY 25

NO SCHOOL

MONDAY 28

(1) Chicken Nuggets
(2) Cheese Lasagna
Breadstick (w/ either entrée)
Variety of Fruit
Mashed Potatoes
Honey Glazed Carrots
Variety of Milk

TUESDAY 29

(1) Hotdog
(2) Sloppy Joe
Variety of Fruit
Seasoned Roasted Broccoli
Seasoned Corn
Variety of Milk

WEDNESDAY 30

(1) Bean & Cheese Burrito
(2) Chicken Fajitas
Variety of Fruit
Seasoned Black Beans
Shredded Lettuce +
Tomato
Variety of Milk

THURSDAY 31

NO SCHOOL



Italian Day
Homemade
recipes
developed by our
Italian chefs!

MAKE A COMPLETE MEAL:
Entrees: Choose One
***Fruit: Choose One OR Two**
***Vegetables: Choose One OR Two**
Milk: Choose One
Must Choose a Fruit OR Vegetable

NOTE: Students are permitted **one complete meal**. Second meals are available at full price. Students who do not select at least 3 items with one being a fruit or vegetable will be charged full price.

2024-2025 Meal Prices	
Grades K-5	\$3.50
Grades 6-12	\$3.75
Reduced (all grades)	\$0.40

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