

November 2017

Elementary School



Breakfast	8:30 – 9:00	Lunch	
Student	Reduced FREE	Reduced FREE	Paid FREE
Adults	FREE	Paid \$2.40	Paid \$3.80

MENU SUBJECT TO CHANGE



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

DIABETES AWARENESS MONTH

Monday



Tuesday

Wednesday

Thursday

Friday

Nachos Day

6

Loaded Nachos w/Chili
V: Cheese Nachos
 Salsa
 Peaches
 Asst. Milk

NO SCHOOL

7

Calzone Day

1

Pepperoni Cheese Bread
V: Cheese Bread
 Caesar Salad
 Fresh Honeydew
 Asst. Milk

Deviled Egg Day

2

Hot Dog on a Roll
V: Fish Patty
 Vegetarian Beans
 Pears, Asst. Milk
 French Fries

Sandwich Day

3

Turkey Club Wrap
V: Roasted Veg. Wrap
 Glazed Carrots
 Pears
 Asst. Milk

Chicken Nuggets

13

w/ Fried Rice
V: Fish Nuggets
 Green Beans
 Mixed Fruit
 Asst. Milk

Pickle Day

14

Ham & Cheese Croissant
V: Cheese Croissant
 Tomato Soup & Carrots Sticks
 Pears
 Asst. Milk

Sloppy Joe on a Roll

15

V: Vegetarian Beans
 Peaches
 Asst. Milk
 Hash Brown

Baked Chicken

16

V: Baked Fish
 Corn
 Apple Sauce
 Asst. Milk
 French Fries

Mozzarella Cheese Sticks

17

w/ Sauce,
 Baked Cookie
 Caesar Salad
 Fresh Cantaloupe
 Asst. Milk

Cheeseburger

20

V: Veggie Burger
 Baked Beans
 Fresh Fruit Salad
 French Fries
 Asst. Milk

Native American

21

Turkey w/ Stuffing
 Mashed Potatoes w/Gravy
 Maize
 Apple Crisp
 Asst. Milk

NO SCHOOL

22

NO SCHOOL

23

NO SCHOOL

24

Chicken Patty on a Roll

27

V: Fish on a Roll
 Green Beans
 Mixed Fruit
 Asst. Milk
 French Fries

French Toast Day

28

French Toast Sticks
 w/Turkey Sausage
V: Falafel Patties
 Corn
 Apple Sauce, Asst. Milk

Spaghetti w/ Meat Sauce

29

Broccoli
 Pears
 Asst. Milk

Mousse Day

30

Chicken Quesadilla
V: Cheese Quesadilla
 Carrot Sticks w/Dip
 Mixed Fruit
 Asst. Milk

Offered Daily

Asst. Sandwiches
 Asst. Salads
 Asst. Fresh Fruit
 Asst. 100% Fruit Juice
 Daily Plates of Veg. Crunchers