

LUNCH MENU November 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	29-Oct	30-Oct	31-Oct	1-Nov	2-Nov
BE SURE	Cereal & Toast	Dutch Waffle	Cereal Bar & Yogurt	BKF Sandwich Sausage/Egg/Ch.	Jumpstarts in Homeroom
TO	Chicken Fingers / Buffalo	Pizza Burger on WG Roll	Chicken Taco & Chips	Rotini w/ Meat Sauce	Baked Mini Cheese Calzone
INCLUDE	Wrap Lettuce & Tomato	Crispy Baked Fun Fries	Shredded Cheese , Lettuce	Shredded Cheese WG Roll	Spinach & Tomato Salad
AT	Steamed Corn	Baked Beans	Steamed Peas	Steamed Carrots	Steamed Broccoli
LEAST	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
3, 4 OR ALL COMPONENTS	5-Nov	6-Nov	7-Nov	8-Nov	9-Nov
DAILY	Cereal & Toast	Breakfast Pizza & Juice	Apple Cinnamon Oatmeal	Pancakes w/ Syrup	Jumpstarts in Homeroom
	Chicken Parmesan	Meatballs in Gravy	Baked Fish Shapes	Hamburger on WG Roll	Pizza Slice
	Buttered Pasta Shells	Mashed Potatoes	Hush puppies	Sweet Potato Fries	Spinach & Tomato Salad
	Steamed Green Beans	Garlic Stick Broccoli	Steamed Carrots	Baked Beans	Steamed Peas
	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
	12-Nov	13-Nov	14-Nov	15-Nov	16-Nov
YOU		Egg Omelet & Toast	Breakfast Bar & Yogurt	Breakfast Pizza	Jumpstarts in Homeroom
MUST		Beef- a- Roni	Pulled Pork Sandwich	Holiday Meal Turkey in Gravy	Cheesy Breadsticks Sauce
CHOOSE	IN-SERVICE DAY	Shred Cheese Garlic Stick	Baked French Fries	Baked Stuffing WG Roll	Romaine & Tomato Salad
AT	NO SCHOOL	Steamed Peas	Steamed Carrots	Corn, Cranberry Sauce	Steamed Green Beans
LEAST		Choice of Fruit	Choice of Fruit	Cinnamon Baked Apples	Choice of Fruit
ONE	19-Nov	20-Nov	21-Nov	22-Nov	23-Nov
FRUIT	Cereal & Toast	Egg & Cheese English Muffin	Jumpstarts in Homeroom		
OR	Popcorn Chicken Bowl	Cheese Steak on	EARLY DISMISSAL	HAPPY	THANKSGIVING
ONE	Mashed Potatoes	WG Roll Buttered Noodles	Hotdog on WG Roll	THANKSGIVING	RECESS
VEGETABLE	Steamed Corn	Steamed Broccoli	Tater Tots, Green Beans	NO SCHOOL	NO SCHOOL
	Choice of Fruit	Choice of Fruit	Choice of Fruit		
	26-Nov	27-Nov	28-Nov	29-Nov	30-Nov
MILK IS		Cereal & Toast	French Toast Sticks w/ Syrup	Dutch Waffle	Jumpstarts in Homeroom
SERVED	THANKSGIVING	Chicken Sticks w/ BBQ Sauce	Beef Taco & Chips	Baked Cheese Pizza	Cheese Ravioli
DAILY	RECESS	Buttered Brown Rice	Cheese, Lettuce & Salsa	Side Salad w/ Tomato	Shredded Cheese WG Roll
	NO SCHOOL	Steamed Green Beans	Black Beans	Steamed Broccoli	Steamed Carrots
		Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit

Alternate Lunch Week October 29-Nov.2 Grilled Cheese Sandwich

Alternate Lunch Week November 5-9 Cold Meat Sandwich

Alternate Lunch Week November 13-16 Hamburger on WG Roll

Alternate Lunch Week November 19-21 Turkey Burger on WG Roll

Alternate Lunch Week November 27-30 Hotdog on WG Roll