## November 2017

**Drink Selection:** 1% Milk * Non Fat Milk

**Lunch $4.00  Adults $4.50**

*Menu is Subject to Change*

### Elementary Menu

- **♥ Nut Safe Menu**

#### MENU SPECIALS

**DAILY**
- Grilled Cheese Sandwich
- Veggies & Fruit of the Day
- Choice of Drink

- Make Your Own Pizza Pack
- Veggie & Fruit of the Day
- Choice of Drink

- Parfait
- Veggie of the Day
- Choice of Drink

#### TUESDAY

- Chicken Caesar Salad
- Whole Grain Croutons
- Fresh Fruit
- Choice of Drink

#### SMART

- Milk $1
- Switch 100% Juice $1.25
- Chocolate Oat Bar $1
- Sidekick frozen juice $1
- Kettle Korn $1
- Wheat Cookie Thursdays only $1

#### SNACKS

- Popcorn Chicken
- Baked Tater Tots
- Honey Wheat Biscuit
- Variety of Fresh Fruits

- Teriyaki Drumstick
- Brown Rice
- Variety of Fresh Fruits & Veggies

- All Beef Hot Dog
- Snickerdoodle Cookie
- Variety of Fresh Fruits & Veggies

- Cheese Pizza
- Variety of Fresh Fruits & Veggies
- Rice Krispy
- Birthday Treat

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**Lucky Tray Day**

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**MINIMUM DAY**

- All Beef Hot Dog
- Snickerdoodle Cookie
- Variety of Fresh Fruits & Veggies

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**NUTRITION FACTS**

- **Calories:**
- **Sodium:**
- **Total Fat:**
- **Total Carbohydrate:**
- **Fiber:**
- **Sugar:**
- **Protein:**

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**VEGETARIAN**

**PORK**
Broccoli Nutrients
Broccoli is a great source of vitamins K and C, a good source of folate and also provides potassium, fiber.

Vitamin K – essential for the functioning of many proteins involved in blood clotting.

Vitamin C – builds collagen, which forms body tissue and bone, and helps cuts and wounds heal. Vitamin C is a powerful antioxidant and protects the body from damaging free radicals.

Fiber – diets high in fiber promote Digestive health. A high fiber intake can also help lower cholesterol.

Potassium – a mineral and electrolyte that is essential for the function of nerves and heart contraction.

Folate – is necessary for the production and maintenance of new cells in the body.

How to choose:
There are two things to look for when shopping for broccoli:

The heads should be tight and Compact and the flower buds Should be closed, with no signs Of yellow flowers.

Check the stems. The peel Can be thick but it Shouldn’t be woody.