

NOVEMBER 2017 TOP OF THE WORLD SCHOOL



SNACKS

- Bagel w/Cream Cheese \$1.00
- Blueberry Muffin \$0.75
- Yogurt \$1.25
- Breakfast Sandwich \$2.00
- Small Cereal w/Milk \$1.25
- Fruit Parfait \$2.00
- Assorted Chips \$1.00
- Granola Bar \$0.50
- Clif Bar \$1.50
- Krispy Treat \$1.00
- Milk/Juice \$0.60
- Fresh Fruit \$0.50
- Water \$1.00

Lunch Price \$3.90
Staff Meal \$4.40

FRESH FRUIT/SALAD BAR
NOW PROUDLY SERVING
SEASONAL LOCALLY
GROWN FRUITS &
VEGETABLES
CHOICE OF MILK

School News

NUTRITION SERVICES
"FEATURING ALL
NEW"

NITRATE/NITRITE FREE
HOT DOGS &
HORMONE FREE
ANTIBIOTIC FREE
HAMBURGERS

497-7700 x5216 or email
dappel@lbusd.org

Please take a minute to check out
the Nutrition Services website
www.lbusd.org

GOING GREEN ONLINE MENUS



ONLINE DEPOSIT
WITH e-Funds

"This institution is an equal
Opportunity employer"



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DID YOU KNOW?</p> <p>American football is the main sport watched in the United States during this month.</p>		<p>1</p> <p>100% All Beef Hot Dog or Veggie Burger Baked Beans Seasonal Fresh Fruits and Vegetables Choice of Milk</p>	<p>2</p> <p>Chicken Soft Tacos Refried Beans Fresh Fruit Icee Seasonal Fresh Fruits and Vegetables Choice of Milk Corn Tortillas Upon Request Gluten Free</p>	<p>3</p> <p>Z PIZZA Cheese Pizza (V) Sliced Peaches Seasonal Fresh Fruits and Vegetables Choice of Milk</p>
<p>6</p> <p>MEATLESS MONDAY All Natural Bean & Cheese Burrito (V) Salsa – Sliced Pears Seasonal Fresh Fruits and Vegetables Choice of Milk</p>	<p>7</p> <p>Homemade Chili Con Carne with Gold Fish Blue Raspberry Lemon Ice Seasonal Fresh Fruits and Vegetables Choice of Milk</p>	<p>8</p> <p>100% All Beef Hamburger, Cheeseburger or Veggie Burger Whole Grain Bun Baked Beans Seasonal Fresh Fruits and Vegetables Choice of Milk</p>	<p>9</p> <p>Popcorn Chicken Steamed Corn Sliced Pears Seasonal Fresh Fruits and Vegetables Choice of Milk</p>	<p>10</p>
<p>13</p> <p>MEATLESS MONDAY Bosco's Cheese Sticks (V) W/Marinara Sauce Mixed Fruit Seasonal Fresh Fruits and Vegetables Choice of Milk</p>	<p>14</p> <p>Mandarin King House Chicken w/Rice Applesauce Cup Choice of Sides Choice of Milk</p>	<p>15</p> <p>100% All Beef Hot Dog or Veggie Burger Baked Beans Seasonal Fresh Fruits and Vegetables Choice of Milk</p>	<p>16</p> <p>Chicken Soft Tacos Refried Beans Fresh Fruit Icee Seasonal Fresh Fruits and Vegetables Choice of Milk Corn Tortillas Upon Request Gluten Free</p>	<p>17</p> <p>Z PIZZA Cheese or (V) Pepperoni Pizza Mixed Fruit Seasonal Fresh Fruits and Vegetables Choice of Milk</p>
<p>20</p> <p>MEATLESS MONDAY Vegetarian Bistro Box (V) Hummus, Cheese, Crackers Carrots & Sliced Apples Choice of Sides Choice of Milk</p>	<p>21</p> <p>Meatball Sub Blue Raspberry Lemon Ice Choice of Sides Choice of Milk</p>	<p>22</p> <p>HOLIDAY</p>	<p>23</p> <p>HOLIDAY</p>	<p>24</p> <p>HOLIDAY</p>
<p>27</p> <p>MINIMUM DAY MEATLESS MONDAY All Natural Bean & Cheese Burrito (V) Choice of Sides Choice of Milk</p>	<p>28</p> <p>MINIMUM DAY Fresh Fruit & Yogurt Parfait (V) Sliced Apples Choice of Sides Choice of Milk</p>	<p>29</p> <p>Minimum Day Breakfast Bagel Sandwich Fresh Grapes Choice of Sides Choice of Milk</p>	<p>30</p> <p>Minimum Day Fresh Fruit & Yogurt Parfait (V) Apple Slices Choice of Sides Choice of Milk</p>	