

# November 2017 Elementary School LUNCH

## Meal Pattern

Choice of Entrée,  
Grain/Bread,  
Vegetable, Fruit,  
Milk

Milk Choices of 1%-  
14 or Fat Free  
Chocolate-20 are  
offered daily

Juice-14,  
Craisins/Raisins-29  
are offered daily


## Health is Academic

Do you know that November is *Healthy Lifestyles Month*? We are encouraging families to increase their physical activity, eat fresh fruits and vegetables, and promote healthy lifelong behaviors.

What can families do?

- Promote healthy school meals and snacks.
- Use non-food rewards. Offer healthy options for celebrations.
- Support your school in using Energizers, the Walking Classroom, school gardens and outdoor learning environments.
- Choose fundraisers to promote healthy choices that do not include food.

This institution is an equal opportunity provider. Menu subject to change.

		Wednesday, November 1	Thursday, November 2	Friday, November 3
		*Ham & Cheese Sandwich-33 *Cheeseburger-30 Garden Salad w/ Egg -27 & *Breadstick-18 Carrots-6 w/ dip Potato Wedges- 18 Fresh Banana-27 Sliced Peaches-14	Chicken Alfredo-34 Teriyaki Dipper -6 w/ *Roll-29 Chicken Garden Salad-15 w/ *Roll-29 Seasoned Green Beans-3 Garden Side Salad-5 Local Fresh Apple-17 Pineapple Tidbits-19	*Pepperoni Pizza-34 5 Chicken Rings -14 w/ *Breadstick-18 Steamed Broccoli-5 Glazed Carrots-19 Orange Slices-16 Fruit Cocktail-15
Monday, November 6	Tuesday, November 7	Wednesday, November 8	Thursday, November 9	Friday, November 10
Meatloaf-7 w/ *Roll-29 *Popcorn Chicken-9 w/ *Roll-29 Mashed Potatoes-14 Steamed Broccoli-5 Local Fresh Apple-17 Sliced Pears-15	*Taco Salad-35 *Cheese Quesadilla-30 Chicken Caesar Salad-21 w/ *Roll-29 Fiesta Beans-20, Corn-16 Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 & Cheese-1 Fresh Nectarine-15 Pineapple Tidbits-19	*Sloppy Joe Sandwich-37 *Corn Dog-30 Garden Salad w/ Cheese -18 & *Breadstick-18 Peas-11 Baked Sweet Potato-12 w/ cinnamon toping-11 Grapples-15 Fruit Cocktail-15	Spaghetti-29 *Chick Fillet Sandwich-42 Chicken Garden Salad-27 w/ *Roll-29 Caesar side Salad-8 Mixed Veggies-4 Fresh Watermelon Slices-7 Applesauce-14	<b>HOLIDAY</b>
				
Monday, November 13	Tuesday, November 14	Wednesday, November 15	Thursday, November 16	Friday, November 17
*BBQ Sandwich-43 *Cheese Stuffed Sticks-30 w/ Marinara Sauce Creamy Cole Slaw-5 Baked Beans-27 Tater Tots-14 Grapples-15 Fruit Cocktail-15	*Orange Chicken-25 w/*Rice-6 *Cheeseburger-30 Chicken Caesar Salad-21 w/ *Roll-29 Steamed Broccoli-5 Glazed Carrots-19 Tomato-3 & Lettuce-3 Local Fresh Apple-17 Mandarin Oranges-17	*Turkey & Cheese Sub-35 *Chick Fillet Sandwich-42 Garden Salad with Cheese-18 & *Breadsticks-18 Mixed Veggies-4 Straight Cut Fries-19 Tomato-3 & Lettuce-3 Local Fresh Apple-15 Pineapple Tidbits-19	-Thanksgiving Meal- Roasted Turkey Sliced Ham *Roll-29 Mashed Potatoes-14 w/ Gravy-4 Seasoned Green Beans-3 Candied Sweet Potatoes-55 Corn-16 Cranberry Sauce-25 Spiced Apples-19 Pumpkin Pie-22	*Pepperoni Pizza-34 *Corn Dog-30 Sweet Potato Crinkle Fries-19 Broccoli Cheese Soup- 23 Fresh Kiwi-11 Fruit Cocktail- 15
Monday, November 20	Tuesday, November 21	Wednesday, November 22	Thursday, November 23	Friday, November 24
Salisbury Steak- 6 5 Chicken Nuggets-13 w/ *Roll-29 Mashed Potatoes-14 Gravy- 4 Seasoned Green Beans-3 Local Fresh Apple-17 Sliced Pears-15	*Taco Salad-35 *Cheese Quesadilla-30 Chicken Caesar Salad-21 w/ *Roll-29 Fiesta Beans-20, Corn-16 Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 & Cheese-1 Fresh Tangerine-12 Pineapple Tidbits-19	<b>CLOSED</b>	<b>HOLIDAY</b>	<b>HOLIDAY</b>
				
Monday, November 27	Tuesday, November 28	Wednesday, November 29	Thursday, November 30	
Chicken Pot Pie-19 *Cheese Pizza-34 Sweet Potato Crinkle Fries-19 Peas & Carrots-14 Fresh Strawberries-7 Pineapple Tidbits-19	Teriyaki Chicken-14 *Noodles-26 *Cheeseburger-30 Chicken Caesar Salad-21 w/ *Roll-29 Stir Fry Veggies-5 Cauliflower-5 Tomatoes-3 & Lettuce-3 Fresh Pear-23 Sliced Peaches-14	Veggie Beef Soup-14 *Grilled Cheese-29 or *PB & J Sandwich-53 Garden Salad with Cheese-18 & *Breadstick-18 Steamed Broccoli-5 Carrots-6 w/dip Local Fresh Apple-17 Fruit Cocktail-15	Mac & Cheese-25 w/ Grilled Franks Oven Roasted Chicken-3 Chef Garden Salad-15 w/ *Roll-29 Pinto Beans-18, Onions-1, Cabbage-5 & Tomatoes-3 Cornbread-25 Fresh Cantaloupe Cubes-10 Craisins-28	