



# NOVEMBER 2019 BREAKFAST AND LUNCH MENU

ELEMENTARY BREAKFAST: Paid student meal \$1 // reduced student meal \$0.20 // adult/visitor lunch \$2  
 ELEMENTARY LUNCH: Paid student meal \$2.25 // reduced student lunch \$0.40 // adult/visitor lunch \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Chicken Biscuit <b>1</b> <b>Chicken Chunks</b> Fish Sticks Garden Salad Garden Fresh Roasted Sweet Potatoes Mixed Fruit Wheat Roll Inchworms
Whole Wheat Cinnamon Roll <b>4</b> <b>Nachos w/ Baked Tostitos</b> <b>Breaded Chicken Sandwich</b> Baby Carrots Seasoned Black Beans Mandarin Oranges Total Body	<b>5</b> <b>NO SCHOOL</b> Jog	Sausage & Cheese Biscuit <b>6</b> <b>Cheese or Pepperoni Pizza</b> <b>Turkey Hot Dog</b> Garden Salad Seasoned Green Beans Peach Cobbler Push Ups	Ham & Cheese Croissant <b>7</b> <b>Orange Chicken &amp; Lo Mein</b> <b>Hamburger or Cheeseburger</b> Garden Salad Mixed Vegetables Fresh Mixed Fruit Veggie Egg Roll Locomotor Skills	Sausage & Cheese Kolache <b>8</b> <b>BBQ Pulled Pork</b> <b>Macaroni &amp; Cheese</b> Cole Slaw Steamed Broccoli Fresh Cantaloupe Chunks Raise the Roof
Whole Wheat Cinnamon Roll <b>11</b> <b>Breaded Chicken Sandwich</b> <b>Cheese Enchiladas</b> Baby Carrots Seasoned Pinto Beans Mandarin Oranges Create	French Toast <b>12</b> <b>Chicken Chunks</b> <b>Hamburger or Cheeseburger</b> Garden Salad Whole Kernel Corn Fresh Apple Slices The Jumping Leprechaun	Spiced Muffin <b>13</b> <b>Cheese or Pepperoni Pizza</b> <b>Turkey Hot Dog</b> Garden Salad Seasoned Green Beans Fresh Mixed Fruit Tape it Front	Ham & Cheese Croissant <b>14</b> <b>Chicken Teriyaki &amp; Stir Fried Rice</b> <b>Hamburger or Cheeseburger</b> Fresh Broccoli Garden Salad Fresh Grapes Veggie Egg Roll Rock, Paper, Scissor Tag	Chicken Biscuit <b>15</b> <b>Steak Fingers</b> <b>Turkey Hot Dog</b> Garden Salad Mashed Potatoes & Gravy Fresh Pineapple Chunks Bike Ride
Whole Wheat Cinnamon Roll <b>18</b> <b>Nachos w/ Baked Tostitos</b> <b>Breaded Chicken Sandwich</b> Baby Carrots Seasoned Black Beans Mandarin Oranges Jumping Jacks	Mini Pancakes <b>19</b> <b>Chicken Tenders</b> <b>Fish Sticks</b> Garden Salad Whole Kernel Corn Orange Smiles Wheat Roll Walking	Sausage & Cheese Biscuit <b>20</b> <b>Cheese or Pepperoni Pizza</b> <b>Hamburger or Cheeseburger</b> Broccoli Salad Garden Salad Fresh Mixed Fruit Hopscotch	Ham & Cheese Croissant <b>21</b> <b>Roasted Turkey</b> <b>Turkey Hot Dog</b> Cornbread Dressing & Gravy Mashed Potatoes Seasoned Green Beans Fresh Apple Slices Cranberry Sauce Pumpkin Muffin Play	Sausage & Cheese Kolache <b>22</b> <b>Cheese Stuffed Breadsticks</b> <b>Grilled Cheese Croissant</b> Garden Salad Mixed Vegetables Mixed Fruit Run
<b>25</b> <b>NO SCHOOL</b> Get Outside and Get Moving!	<b>26</b> <b>NO SCHOOL</b> Get Outside and Get Moving!	<b>27</b> <b>NO SCHOOL</b> Get Outside and Get Moving!	<b>28</b> <b>NO SCHOOL</b> Get Outside and Get Moving!	<b>29</b> <b>NO SCHOOL</b> Get Outside and Get Moving!

### A complete breakfast includes:

- Choice of 1 entrée
- 2 fruits OR 1 fruit & juice
- 1% white or fat free chocolate milk

### Daily Breakfast Features

- Yogurt & Rockin' ola granola
- Whole grain cereal (Not available at some schools)
- Assorted fruit bowl
- 100% fruit juice
- 1% white or fat free chocolate milk

### A complete lunch includes:

- Choice of entrée
- 2 fruits
- 2 vegetables
- 1% white or fat free chocolate milk

### Daily Lunch Features

- Hummus & pita bread entrée
- Yogurt, granola and string cheese
- Sunbutter & jelly entrée
- Turkey & cheese or turkey, ham & cheese on hoagie (alternate weekly)
- Assorted fruit bowl

### Fresh Entrée Salads

- Monday-** Mandarin Orange Salad
- Tuesday-** Southwest Chicken Salad
- Wednesday-** Chef's Salad
- Thursday-** Cran-apple Salad
- Friday-** Egg Bacon & Spinach Salad

*Grilled Chicken Caesar Salad served daily.*



### SWEET POTATOES

- Excellent source of beta-carotene, which is converted into vitamin A in the body.

- Vitamin A is important for your eyes and vision. It also helps your skin stay smooth and your body stay healthy.

- Good source of potassium which helps maintain normal blood pressure and kidney health.

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\*Menus are subject to change without notice due to price and availability of food\*