

NOVEMBER 2018



Child lunches are \$2.75. Adult lunches are \$3.90. All students must take, at the least, three of the five offered components to meet the requirements of a full lunch. Fresh fruits/vegetables are offered daily when available. If you have any questions, please call the kitchen manager at 683-2112 x119

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alternate Lunches Available Daily B - Julienne Salad w/ 2 WG Rolls C - Yogurt Parfait w/granola and WG muffin D - Sunbutter/Jelly Sandwich on WG bread E - Deli Turkey Sandwich w/ Lettuce & Cheese		A Healthy Lunch starts with: <ul style="list-style-type: none"> • Vegetable and/ or fruit • Lean Protein & whole grains • Milk 	1 Popcorn Chicken Oven Fries Mixed Veggies Fruit	2 Cheese Pizza Carrots & Celery Ranch Dip Fruit
5 Breakfast Bagel (bagel, egg & cheese) Hash Brown Patty Yogurt & Fruit	6 Sloppy Joes Green Beans Corn Fruit	7 Cheese Ravioli Romaine Salad Carrots Fruit	8 Shepherd's Pie Mashed Potatoes Mixed Veggies Fruit	9 Cheese Pizza Broccoli Bean Salad Fruit
NO SCHOOL	13 10:45 Dismissal	14 Cheese Calzones Romaine Salad Peas Fruit	15 Turkey Dinner Gravy, Mashed Potatoes, Stuffing, & Corn Fruit	16 Cheese Pizza Carrots Cucumbers Fruit
19 Popcorn Chicken Sweet Potato Fries Mixed Veggies Fruit	20 Nachos Supreme Bean Salad Peas Fruit	NO SCHOOL	NO SCHOOL	NO SCHOOL
26 French Toast Sausage Links Hash Brown Patty Fruit	27 Chicken Fajitas Refried Beans Seasoned Rice Fruit	28 Fish Sandwich Cole Slaw Oven Fries Fruit	29 Creamy Beef Noodle Green Beans Glazed Carrots Fruit	30 Cheese Pizza Creamed Spinach Mixed Veggies Fruit