



LUNCH

NOVEMBER 2018 Pre-K – 8th Child & Nutrition Program

HOT LUNCH MENU

Monday

Tuesday

Wednesday

Thursday

Friday



5
Kickin Chicken
Nuggets with
a Baked Bread Stick
Vegetarian Beans, ½ cup
Assorted Fruit, ½ cup
Milk

6
Soft Shell Pork* Tacos
Green Pepper Strips, ½ cup
Sweet Potato Fries, ½ cup
Fresh Fruit - ½ cup
Cookie
Choice of Milk

7
Beef Meatball Hero
with
Mozzarella Cheese
Smile Fries, ½ cup
Assorted Fruit, ½ cup
Milk

8
Baked
Macaroni & Cheese
Steamed Carrot Coins, ½ cup
Steamed Broccoli, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

9
Tony's
Fiestada Pizza
Celery Sticks/Low Fat Dip, ½
cup
Fruit Cup, ½ cup
Milk



12
19
Yummy Chicken
Quesadilla
Steamed Carrots, ½ cup
Green Pepper Strips, ½ cup
Assorted Fruit, ½ cup
Milk

13
Tasty Turkey Soft Taco
Black Bean Salad, ½ cup
Roasted Corn, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

14
Hot Turkey and Gravy
Dinner Roll & Cranberry Sauce
Mashed Potatoes, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

15
Crispy Mozzarella Sticks
Rotini Pasta & Marinara Sauce
Steamed Zucchini, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

16
Hearty Three Bean Chili
Brown Rice
Carrot Sticks/Low Fat Dip, ½ cup
Fruit Cup, ½ cup
Milk

20
Oven Roasted
Chicken Pieces
Dinner Roll
Red Kidney Beans, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

21
Mama's Beef Meat sauce
with Penne Pasta
Steamed Green Beans, ½ cup
Assorted Fruit, ½ cup
Milk



26
Grilled Cheese
Sandwich
Steamed Carrots, ½ cup
Seasoned French Fries, ½ cup
Assorted Fruit, ½ cup
Milk

27
Cowboy Beef Soft Taco
w/cheese
Shredded Lettuce
Red Kidney Beans, ½ cup
Fresh Fruit. ½ cup
Choice of Milk

28
General TSO Chicken
with
Brown Rice
Steamed Broccoli, ½ cup
Assorted Fruit, ½ cup
Milk

29
"New York Deli"
Assorted Deli Meat, Turkey or
Turkey ham, & Cheese on a Roll
w/Lettuce, Tomato & Pickle Chips
Sweet Potato Fries, ½ cup
Fresh Fruit, ½ cup

30
Homemade
Baked Ziti & Cheese
Steamed Green Beans, ½ cup
Fruit Cup, ½ cup
Milk

Alternative Meal:
Hummus, 4 oz.
6 inch Pita, Large
Alternative meals are served
with main meal "sides."

*For Pork free schools- an
alternative protein will be
provided

Pre-K - 8 Grades: 1% and Fat
Free White Milk Offered Daily
K - 8 Grades: Fat Free
Chocolate Milk also offered
Tues and Thurs

Assorted Fruit = Canned Fruit
Fruit Cup = 4 oz. frozen fruit
Fresh Fruit = Whole fresh fruit

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This institution is an equal opportunity provider.

Available Daily

*Peanut Butter or Sun Butter & Jelly
Sandwiches
American Cheese Sandwiches (Mayo/Mustard)
A side salad (1/2 cup) of leafy dark green
vegetable is offered daily.
½ cup Fresh Fruit options will be offered daily
Select a fruit AND/OR vegetable with
your sandwich.*