

FOOD


friends

FUN

November

2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 Breaded Chicken BLT on Wheat Roll Roasted Sweet Potatoes Cucumber Slices Diced Pears in Juice Choice of Lowfat Milk	2 Penne Pasta w/ Meat Sauce Wheat Dinner Roll Cucumber Slices Cinnamon Applesauce Choice of Lowfat Milk	3 Turkey Nachos w/ Salsa & Cheese Whole Grain Rice & Beans Lettuce and Tomato Diced Peaches in Juice Choice of Lowfat Milk	4 SCHOOLS CLOSED	5 SCHOOLS CLOSED	<h3>Special News...</h3> <p>Entrées Available Daily</p> <p>Tony's Cheese Pizza Baked Chicken Patty on Wheat Roll Hamburger on Wheat Roll Gardenburger</p> <p>Wheat Bagel w/ Cheese Stick Chef Salad</p>
8 Chicken Tenders w/ Wheat Dinner Roll Yellow & Green Squash Raw Baby Carrots Pineapple Tidbits Choice of Lowfat Milk	9 Soft Tacos w/ Salsa & Cheese Shredded Lettuce & Tomato Whole Grain Rice & Beans Watermelon Slice Choice of Lowfat Milk	10 Cinnamon French Toast w/ Sausage Patty Oven Roasted Potatoes Orange Juice Fruit Cocktail in Juice Choice of Lowfat Milk	11 Baked Ziti w/ Wheat Dinner Roll Caesar Salad Fresh Banana Choice of Lowfat Milk	12 Personal Pizza Celery Sticks Pasta Salad Primavera Fresh Apple Choice of Lowfat Milk	
15 Baked Popcorn Chicken w / Wheat Dinner Roll Yellow & Green Squash Tossed Salad Sliced Pears in Juice Choice of Lowfat Milk	16 GIVE-AWAY DAY! Baked Macaroni & Cheese Wheat Dinner Roll Roasted Tomatoes Baby Carrots / Fresh Apple Choice of Lowfat Milk	17 Wheat Quesadilla w/ Chicken & Cheese Black Bean & Corn Salad Celery Sticks Cinnamon Applesauce Choice of Lowfat Milk	18 Mozzarella Breadsticks w/ Marinara Lettuce and Tomato Sliced Peaches in Juice Choice of Lowfat Milk	19 Meatball Sub on Wheat Roll Tossed Salad Mixed Fruit Cup Choice of Lowfat Milk	
22 Chicken Tenders w/ Wheat Dinner Roll Caesar Salad Fresh Apple Choice of Low-fat Milk	23 Turkey Nachos w/ Salsa & Cheese Whole Grain Rice & Beans Lettuce and Tomato Diced Pears in Juice Choice of Lowfat Milk	24 ABBREVIATED SCHEDULE NO LUNCH SERVED	25 HAPPY THANKSGIVING!	26 SCHOOLS CLOSED	
29 Chicken Parm on Wheat Roll Yellow & Green Squash Raw Baby Carrots Pineapple Tidbits Choice of Lowfat Milk	30 Meatball Sub on Wheat Roll Tossed Salad Raw Broccoli Tops Fruit Cup Choice of Lowfat Milk	STUDENT LUNCH \$2.05	A Student Lunch Includes at least 3 or all 5 of the following: Meat / Meat Alternate; Bread / Grain; Fruit ; Vegetable; and Choice of Low-fat Milk		

Available Daily:
 Self-Serve Fresh Fruits and Vegetables
 Tossed Salad
 Wheat Bread Basket

Menus are subject to change without notice.