

# Elementary November 2017 Lunch Menu

**Offer vs Serve Meal Pattern:** Students are offered 5 Food Components: Meat/Meat Alt, Grain (Whole Grain Rich), Fruit, Vegetables, and Milk

\*Asked to Choose at least 3 Full Components, one of which must be 1/2 cup fruit or vegetable, encouraged to choose all items\*

*Look for New Menu Items Throughout the Year!!*

*The Food Service Tab on our School Website will be updated if changes occur to the menu.*

*Please look for added information.*

*Complete Your Lunch with Ice Cold Assorted Milk (Skim, 1%, or FF Chocolate)*

### Lunch Prices

|                     |        |
|---------------------|--------|
| High School 9-12th  | \$2.95 |
| Middle School 5-8th | \$2.80 |
| Elementary KG-4th   | \$2.65 |
| Adults/Guests       | \$3.85 |

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
|   |  | <b>Hot Dog</b> 1<br>on a Bun<br><b>Goldfish Pretzels</b><br>Baked Beans/Baby Carrots<br>Applesauce<br>Ketchup/Mustard          | <b>Breaded Chicken Patty</b> 2<br>on a Homemade Bun<br>Cooked Carrots<br>Cucumber Slices<br>Warm Cinnamon Apple Slices<br>Mayo/Light Ranch                    | <b>Mozzarella Dippers</b> 3<br>with Red Sauce<br>Peas/Baby Carrots<br>Diced Peaches<br>Homemade Dinner Roll<br>Light Ranch/Smart Balance |
| <b>Popcorn Chicken</b> 6<br>Broccoli with Cheese Sauce<br>Baby Carrots<br>Fresh Fruit<br>Homemade Dinner Roll<br>Ketchup/Light Ranch          | <b>Spaghetti</b> 7<br>and Meatballs<br><b>Warm Garlic Breadsticks</b><br>Green Beans<br>Diced Pears                            | <b>BBQ Chicken</b> 8<br>on a Homemade Bun<br>Baked Beans<br>Coleslaw<br>Mixed Fruit<br><b>M&amp;M Cookie</b>                   | <b>French Toast</b> 9<br><b>Sausage Patty</b><br><b>Tator Tots</b><br>Baby Carrots<br>Orange Juice<br>Syrup/Ketchup   | <b>Pizza</b> 10<br>Cooked Carrots<br>Celery Sticks<br>Applesauce<br>Homemade Dinner Roll<br>Light Ranch/Smart Balance                    |
| <b>Bosco Sticks</b> 13<br>with Red Sauce<br>Broccoli<br>Baby Carrots<br>Fresh Fruit<br>Homemade Dinner Roll                                   | <b>Nachos</b> 14<br>with Fixings<br>Corn<br>Diced Peaches<br>Homemade Dinner Roll<br>Salsa/Sour Cream                          | <b>Breaded Chicken Patty</b> 15<br>on a Homemade Bun<br>Baked Beans<br>Celery Sticks<br>Diced Pears<br>Mayo/Light Ranch        | <b>Turkey Dinner</b> 16<br>Whipped Potatoes/Gravy<br>Green Beans/Cranberries<br>Warm Cinnamon Apple Slices<br>Dinner Roll/Smart Balance<br><b>Pumpkin Bar</b> | <b>Teacher In Service</b><br><b>No School Elementary Only</b>  |
| <b>Chicken Nuggets</b> 20<br><b>Rice a Roni</b><br>Broccoli/Baby Carrots<br>Diced Peaches<br>Homemade Dinner Roll<br>Nugget Dip/Smart Balance | <b>Macaroni and Cheese</b> 21<br>Baked Beans<br>Coleslaw<br>Mixed Fruit<br>Warm Garlic Breadstick<br>Light Ranch               | <b>Thanksgiving Vacation</b><br><b>No School</b>   | <b>Thanksgiving Vacation</b><br><b>No School</b>  | <b>Thanksgiving Vacation</b><br><b>No School</b>   |
| <b>Nachos</b> 27<br>with Fixings<br>Corn<br>Pineapple Tidbits<br>Homemade Dinner Roll<br>Salsa/Sour Cream                                     | <b>Hamburger</b> 28<br>on a Homemade Bun<br><b>Potato Smiles</b><br>Lettuce/Tomatoes/Pickles<br>Fresh Fruit<br>Ketchup/Mustard | <b>Mini Corn Dogs</b> 29<br>Baked Beans<br>Sliced Cucumbers<br>Applesauce<br>Homemade Dinner Roll<br>Ketchup/Mustard/Smart Bal | <b>Chicken Gravy</b> 30<br>with Whipped Potatoes<br>Peas<br>Diced Pears<br>Homemade Dinner Roll<br>Smart Balance  |  |

\*Menus are subject to change due to food availability\*

This institution is an equal opportunity provider.