



MON  
TURKEY

TUES  
TUNA

WEDS  
TURKEY

THURS  
TUNA

FRI  
FRESH BREADED  
CHICKEN CUTLET

ELEMENTARY SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Soups On!!</b> Every Tuesday and Thursday</p>  <p>What are the three sisters?</p>	<p>November 1 through November 17 Chicken Noodle</p> <p>November 22 through 30th Italian Wedding Soup</p>	<p><b>PARENTS!!!</b> Please remind your children that if they are BUYING THE HOT ENTREE OF THE DAY, <b>they may only visit the salad bar for veggies/fruit.</b> If they would like the tuna, chicken, etc., they should order <b>SALAD BAR LUNCH</b> AS THEIR ENTREE.</p> 		
<p>7 All White Meat Breaded Chicken Chunks Oil &amp; Garlic Tossed Penne Caesar Salad from the Salad Bar Cinammon Applesauce</p>	<p>1 <b>BRUNCH FOR LUNCH</b> Homemade Challah French Toast w/Orange Rounds Applegate Farms® Turkey Bacon Salad Bar Veggie Sides Fresh Pear</p>	<p>2 <b>TACO BAR</b> Seasoned Beef or Vegetarian Rice &amp; Beans Lettuce, Cheese, Salsa, Sour Cream Toppings Hard or Soft Shell Orange Rounds <b>GF</b> w/out Shell</p>	<p>3 Macaroni &amp; Cheese Barilla Plus Pasta &amp; Wisconsin Cheddar Caesar Salad at the Salad Bar Warm Apple Crisp</p>	<p>4 Freshly-Breaded Baked Chicken Cutlet Herb-Roasted Long Island Potato Salad Bar Veggie Sides Apple Slices</p>
<p>14 Pizza Bagel with Meatballs or Plain Salad Bar Veggie Sides Chilled Pear in Fruit Juice</p>	<p>8 <b>SUPERINTENDENT'S CONFERENCE DAY</b> SCHOOL CLOSED</p>	<p>9 Brown Rice, Zesty Black Bean Chicken Breast and Cheese Burrito Vegetarian Burrito available Salsa &amp; Tortilla Chips Salad Bar Veggie Sides Chilled Pineapple in Juice</p>	<p>10 <b>BURGER BAR</b> 100% Beef Burger or Cheeseburger Lettuce/Onion/Tomato Long Island Potato Wedges Sweet Corn Fresh Melon <b>GF</b> w/out Bun</p>	<p>11 <b>SCHOOL CLOSED FOR HOLIDAY</b></p>
<p>21 <b>BURGER BAR</b> 100% Beef Burger or Cheeseburger Lettuce/Onion/Tomato Salad Bar Veggie Sides Baked Sweet Potato Fries Orange Rounds <b>GF</b> w/out Bun</p>	<p>15 All White Meat Breaded Chicken Tender Roasted Sweet Potatoes Salad Bar Veggie Sides Fresh Fruit</p>	<p>16 <b>A PRACTICE FEAST!</b> Oven Roasted Turkey Breast w/Pan Gravy Smashed Long Island Potato Fresh String Beans Apple Crisp</p>	<p>17 <b>TACO BAR</b> Seasoned Beef or Vegetarian Rice &amp; Beans Lettuce, Cheese, Salsa, Sour Cream Toppings Hard or Soft Shell Fresh Grapes <b>GF</b> w/out Shell</p>	<p>18 Freshly-Breaded Chicken Cutlet Parmigiana Whole Wheat Penne Marinara Salad Bar Veggie Sides Orange Rounds</p>
<p>28 Whole Wheat Penne Pomodoro w/Meatball or Plain (Fresh Tomato-Basic Sauce) Carrot Crunchers w/Dip NO SALAD BAR Fresh Fruit</p>	<p>22 Whole Wheat Penne w/Tomato, Broccoli &amp; Mozzarella Toasted Garlic Bread Caesar Salad NO SALAD BAR Fresh Fruit</p>	<p>23 <b>SCHOOL CLOSED FOR HOLIDAY</b></p>	<p>24 <b>SCHOOL CLOSED FOR HOLIDAY</b></p>	<p>25 <b>SCHOOL CLOSED FOR HOLIDAY</b></p>
<p>29 Whole Wheat Grilled Cheese Sandwich Plain or With Ham Salad Bar Veggie Sides Fresh Fruit</p>	<p>30 <b>CHICKEN TBLT</b> White Meat Chicken Patty Turkey Bacon, Lettuce &amp; Tomato Caesar Salad Cinnamon Applesauce</p>	<p>While The Food Service Department makes every effort to disclose to parents known allergens and ingredients that may be harmful to some children, the nature of the National School Lunch Program and our reliance on certain USDA provisions can sometimes render this effort ineffective by the presence of undisclosed or misnamed ingredients.</p> <p><b>QUESTIONS? CALL THE FOODSERVICE OFFICE AT 277-7090</b> <b>CONTACT YOUR PSA/PSO TO LEARN ABOUT YOUR SCHOOL'S NUTRITION COMMITTEE</b></p>		

Alternative Entrees

Whole Grain Peanut Butter & Jelly Sandwich

Daily Wrap (see above menu)

SALAD BAR

A Complete Lunch Veggies, Protein, Fruit & Grain (or a place to visit for veggie & fruit sides)

Vinaigrette - Ranch Caesar Dressings

GF GLUTEN INGREDIENT-FREE

A la Carte Beverages (priced accordingly)

Honest Kid's® Organic Appley Ever After Juice Pouch \$1.00

Poland Spring Water Lg \$1.25/Sm \$.75

Lunch of The Day includes:

Entree Sides 1% or Skim Milk Fresh Fruit or 100% Fruit Juice \$3.00

SERVING TOMATO PRODUCTS (PIZZA SAUCE, KETCHUP & SALSA) THAT ARE HFCS FREE (NO HIGH FRUCTOSE CORN SYRUP!)

ALL SANDWICH MEATS ARE BOAR'S HEAD BRAND®