



LUNCH

NOVEMBER 2017 Child Nutrition Program

PreK-Grade 8

Monday

Tuesday

Wednesday

Thursday

Friday



6

Baked Macaroni & Cheese
Sautéed Broccoli, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

7

Chicken Smackers with Ketchup
Sweet Potato Fries, $\frac{3}{4}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Choice of Milk

1


ALL SAINTS DAY
Nachos with Beef
Seasoned Brown Rice
Red Pepper Strips, $\frac{1}{4}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

2


Mozzarella Sticks &
Chicken Smackers **COMBO!**
Roasted Corn, $\frac{1}{2}$ cup, Fruit Cup, $\frac{1}{2}$ cup
Cookie Treat
Choice of Milk

3

Cheese Pizza
Roasted Chickpeas, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

13

Three- Bean Chili
Seasoned Brown Rice
Hot Glazed Carrots, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Choice of Milk

14

Try Something New
BBQ Chicken Fajita on Soft Shell
Vegetarian Beans, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

8

Italian Day
Chicken Parmigiana
Rotini Pasta with Marinara Sauce
Sautéed Spinach, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Choice of Milk

9

Hot Turkey
Ham and Cheese Sandwich
Black Bean Salad, $\frac{1}{2}$ cup
Potato Smiles, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

NO SCHOOL 10



20

Colby Cheese Omelet
Wrapped in Soft Shell
Tomato Salsa, $\frac{1}{2}$ oz
Sweet Potato Fries, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

15

Asian Day
Teriyaki Chicken
Seasoned Brown Rice
Steamed Broccoli, $\frac{1}{2}$ cup
Chilled Peach Cup, $\frac{1}{2}$ cup
Fortune Cookie
Choice of Milk

16

"A Thanksgiving Feast"
Oven Sliced Turkey with Gravy
Turkey- Shaped Pretzel
Mashed Potatoes, $\frac{1}{2}$ cup
Sautéed Green Beans, $\frac{1}{2}$ cup
Applesauce, $\frac{1}{2}$ cup
Choice of Milk

17

Homemade Baked Ziti
Sautéed Spinach, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

21

Taco Tuesday
Turkey Taco on Soft Shell
Shredded Lettuce
Sautéed Red Kidney Beans, $\frac{1}{2}$ cup
Roasted Corn, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

22

Grilled Cheese Sandwich
Creamy Tomato Soup, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Choice of Milk

23



NO SCHOOL 24



27

Chicken Patty on Baked Bun
Sweet Potato Fries, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Choice of Milk

28

Chicken and Cheese Quesadilla
Tomato Salsa
Roasted Corn, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

29

Build Your Own Burger
Hamburger on Baked Bun
American Cheese & Sliced Tomato
Vegetarian Beans, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

30

Pork Meatballs & Rotini Pasta
Steamed Green Beans, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Choice of Milk



Available Daily

Peanut Butter or Sun Butter & Jelly Sandwiches
American Cheese Sandwiches

A side salad of leafy dark green vegetable is offered daily.

Milk is available with every meal. Choose 1% White Milk or Fat Free White Milk daily.
Fat Free Chocolate milk is available Tuesdays and Thursdays.

Select a fruit **AND/OR** vegetable with your sandwich.

You may also choose your choice of milk.

ALL GRAIN PRODUCTS ARE WHOLE GRAIN.

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