



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, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Milk

6
Soft Shell Pork* Tacos
Green Pepper Strips, $\frac{1}{2}$ cup
Sweet Potato Fries, $\frac{1}{2}$ cup
Fresh Fruit - $\frac{1}{2}$ cup
Cookie
Choice of Milk

7
Beef Meatball Hero with Mozzarella Cheese
Smile Fries, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Milk

8
Baked Macaroni & Cheese
Steamed Carrot Coins, $\frac{1}{2}$ cup
Steamed Broccoli, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

9
Tony's Fiestada Pizza
Celery Sticks/Low Fat Dip, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Milk

12
Veterans Day
Yummy Chicken Quesadilla
Steamed Carrots, $\frac{1}{2}$ cup
Green Pepper Strips, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Milk

13
Tasty Turkey Soft Taco
Black Bean Salad, $\frac{1}{2}$ cup
Roasted Corn, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

14
Hot Turkey and Gravy
Dinner Roll & Cranberry Sauce
Mashed Potatoes, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

15
Crispy Mozzarella Sticks
Rotini Pasta & Marinara Sauce
Steamed Zucchini, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

16
Hearty Three Bean Chili
Brown Rice
Carrot Sticks/Low Fat Dip, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Milk

19
Oven Roasted Chicken Pieces
Dinner Roll
Red Kidney Beans, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

20
Mama's Beef Meat sauce with Penne Pasta
Steamed Green Beans, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Milk

21
General TSO Chicken with Brown Rice
Steamed Broccoli, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Milk

22
"New York Deli"
Assorted Deli Meat, Turkey or Turkey ham, & Cheese on a Roll w/Lettuce, Tomato & Pickle Chips
Sweet Potato Fries, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup

23
"NO SCHOOL! Thanksgiving Break"

26
Grilled Cheese Sandwich
Steamed Carrots, $\frac{1}{2}$ cup
Seasoned French Fries, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Milk

27
Cowboy Beef Soft Taco w/cheese
Shredded Lettuce
Red Kidney Beans, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

28
Assorted Deli Meat, Turkey or Turkey ham, & Cheese on a Roll w/Lettuce, Tomato & Pickle Chips
Sweet Potato Fries, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup

29
Homemade Baked Ziti & Cheese
Steamed Green Beans, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Milk

30
Homemade Baked Ziti & Cheese
Steamed Green Beans, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Milk

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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intakes@usda.gov.

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.
1/2 cup Fresh Fruit options will be offered daily
Select a fruit AND/OR vegetable with your sandwich.

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



BREAKFAST

NOVEMBER 2018 PRE-K – 8TH CHILD & NUTRITION PROGRAM MENU

BIC MENU

Monday

5
Maple Pancakes
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk



19
Honey Biscuit
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

26
Yogurt 4 oz. with Granola
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Tuesday

6
Yogurt 4 oz. with Granola
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

13
Cinnamon Waffles
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

20
Maple Pancakes
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

27
Cinnamon Waffles
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Wednesday

7
Cheese / Egg Omelet
Wrap
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

14
Biscuit and Sausage
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

21
Yogurt 4 oz. with Granola
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

28
Blueberry Biscuit
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Thursday

1
Bagel-ful
1/2 cup 100% Fruit Juice
1/2 cup Fruit Cup
Milk

8
French Toast Sticks
1/2 cup 100% Fruit Juice
1/2 cup Fruit Cup
Milk

15
Croissant with
jelly/butter
& Cheese Stick
1/2 cup 100% Fruit Juice
1/2 cup Fruit Cup
Milk



29
Bagel-ful
1/2 cup 100% Fruit Juice
1/2 cup Fruit Cup
Milk

Friday

2
Assorted Cold Cereal
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

9
Assorted Cold Cereal
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

16
Assorted Cold Cereal
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk



30
Assorted Cold Cereal
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

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Two-½ cup fruit options will be offered daily.
Milk is served with every meal.
Choose 1% White Milk or Fat Free White Milk.
Student must take a fruit and/or juice.
ALL GRAIN PRODUCTS ARE WHOLE GRAIN AND MEET THE GRAIN OUNCE EQUIVALENCY
ALL FOOD ITEMS MEET USDA CACFP AND CNP: NSLP/SBP REQUIREMENTS.

Fresh Fruit= Whole Fruit
Fruit Cup= 4 oz. cup
Frozen Fruit