

November 2016



Natural peanut butter (just peanuts and salt) and non-high fructose corn syrup jelly on whole grain sandwich bread is available every day as a menu alternative. Only whole grains are served. Fruit is offered with every meal. Chocolate skim milk (without high fructose corn syrup) and 1% milk are offered. Lunch costs \$2.75. A la carte milk is 50 cents. A second slice of pizza is \$1.50. This is a seasonal menu that will change throughout the year.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Cheese Pizza Seasonal Fresh Fruit Grab & Go Salad Cups	2 Taco Bar: Refried Beans, Onion, Cheese, Lettuce, Tomato, Salsa Mixed Fruit Healthy Choice Bar	3 Vegetarian Chili Whole Grain Biscuit Applesauce Healthy Choice Bar	4 No School	5
6	7 Crispy Chicken Sandwich Lettuce/Tomato Mashed Potatoes Sliced Peaches Healthy Choice Bar	8 Cheese Pizza Seasonal Fresh Fruit Grab & Go Salad Cups	9 Nancie's Chicken Soup Whole Grain Biscuits Sliced Pears Healthy Choice Bar	10 Orange Chicken Brown Rice Sliced Peaches Healthy Choice Bar	11 Sliced Turkey & Cheese Sandwich On Whole Grain Bun Fresh Seasonal Fruit Healthy Choice Bar	12
13	14 Beef Hamburger Whole Grain Bun Sliced Cheese Tomato, Lettuce Mixed Fruit Healthy Choice Bar	15 Cheese Pizza Seasonal Fresh Fruit Grab & Go Salad Cups	16 Taco Bar: Refried Beans, Onion, Cheese, Lettuce, Tomato, Salsa Mixed Fruit Healthy Choice Bar	17 Vegetarian Chili Whole Grain Biscuit Applesauce Healthy Choice Bar	18 Chicken with Pesto Whole Grain Pasta Seasonal Fresh Fruit Healthy Choice Bar	19
20	21 No School	22 No School	23 No School	24 No School	25 No School	26
27	28 Crispy Chicken Sandwich Lettuce/Tomato Mashed Potatoes Sliced Peaches Healthy Choice Bar	29 Cheese Pizza Seasonal Fresh Fruit Grab & Go Salad Cups	30 Nancie's Chicken Soup Whole Grain Biscuits Sliced Pears Healthy Choice Bar			

Menu is subject to change.

"This institution is an equal opportunity provider."