



Menu Subject To Change Without Notice

LUNCH MEAL PRICES

NOVEMBER 2018:

| | |
|-----------------|---------|
| DAILY 1-8 | \$2.40 |
| MONTHLY | \$40.80 |
| REDUCED | \$.40 |
| MONTHLY | \$ 6.80 |
| MILK, VARIETIES | \$.45 |
| ADULTS | \$3.50 |

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|---|---|---|---|--|---|
| | This Institution is an equal opportunity provider | | 1 <u>CHEESE PIZZA</u> SALAD W/DRESSING PINEAPPLE CHUNKS GO-GURT YOGURT MILK - Variety | 2 <u>TURKEY W/CHEESE HOAGIE</u> W/LETTUCE, TOMATO & PICKLE POTATO CHIPS-BAKED LAYS APRICOTS CHOCOLATE CHIP COOKIE MILK - Variety | Cal 925 T.Fat 39.87 G S.Fat 10.5 G Chol 71.8 Mg Sodm 1631.02 Mg Carb 113.08 G Fiber 8.7 G Prtn 33.05 G Iron 4.85 Mg Calc 722.52 Mg |
| 5 <u>HOT DOG</u> (ALL BEEF) CARROT STICKS APPLES WAFFLE CUT FRENCH FRIES MILK - Variety | | 6 <u>CHOWMEIN NOODLES</u> SWEET AND SOUR CHICKEN EGG ROLLS MANDARIN ORANGES FORTUNE COOKIE MILK - Variety | 7 <u>SAUSAGE, PANCAKE ON A STICK</u> MAPLE SYRUP TATER TOTS FRESH FRUIT CARROT STICKS MILK - Variety | 8 <u>CHEESE PIZZA</u> SALAD W/DRESSING PINEAPPLE CHUNKS GO-GURT YOGURT MILK - Variety | 9 <u>TURKEY W/CHEESE HOAGIE</u> W/LETTUCE, TOMATO & PICKLE POTATO CHIPS-BAKED LAYS APRICOTS CHOCOLATE CHIP COOKIE MILK - Variety |
| 12 <u>BACON CHEESEBURGER</u> OR HAMBURGER LETTUCE, TOMATO & PICKLE FRUIT COCKTAIL SHOESTRING FRENCH FRIES MILK - Variety | 13 <u>CORN DOG'S</u> W/Fry Sauce RANCH FLAVORED POTATO WEDGES CELERY STICKS APRICOTS BREAD STICK MILK - Variety | 14 <u>WAFFLES & CHICKEN</u> MAPLE SYRUP HASH BROWN POTATOES FRESH FRUIT CELERY STICKS MILK - Variety | 15 <u>CHEESE PIZZA</u> SALAD W/DRESSING PINEAPPLE CHUNKS GO-GURT YOGURT MILK - Variety | 16 <u>THANKSGIVING LUNCH</u> <u>TURKEY & STUFFING</u> MASHED POTATOES W/GRAVY GREEN BEAN CASSEROLE CRANBERRY SAUCE BREAD STICK PUMPKIN PIE MILK - Variety | Cal 811 T.Fat 28.44 G S.Fat 10.0 G Chol 67.7 Mg Sodm 1581.39 Mg Carb 110.00 G Fiber 8.0 G Prtn 29.20 G Iron 5.09 Mg Calc 599.75 Mg |
| 19 NO SCHOOL SCHEDULED THANKSGIVING BREAK | 20 NO SCHOOL SCHEDULED THANKSGIVING BREAK | 21 NO SCHOOL SCHEDULED THANKSGIVING BREAK | 22 NO SCHOOL SCHEDULED THANKSGIVING BREAK | 23 NO SCHOOL SCHEDULED THANKSGIVING BREAK | |
| 26 <u>CHICKEN NUGGETS</u> W/BBQ SAUCE FRENCH FRIES PEACHES SALAD W/RANCH MILK - Variety | 27 <u>MACARONI & CHEESE</u> W/MEAT LOAF CELERY STICKS PEARS BREAD STICK MILK - Variety | 28 <u>PANCAKE SANDWHICH</u> W/TURKEY SAUSAGE MAPLE SYRUP FRUIT COCKTAIL CELERY STICKS HASHBROWNS MILK - Variety | 29 <u>CHEESE PIZZA</u> SALAD W/DRESSING PINEAPPLE CHUNKS GO-GURT YOGURT MILK - Variety | 30 <u>ITALIAN HOAGIE</u> W/LETTUCE, TOMATO & PICKLE POTATO CHIPS-BAKED LAYS APRICOTS CHOCOLATE CHIP COOKIE MILK - Variety | Cal 822 T.Fat 30.27 G S.Fat 9.5 G Chol 97.9 Mg Sodm 1185.87 Mg Carb 109.89 G Fiber 8.2 G Prtn 32.74 G Iron 4.48 Mg Calc 601.73 Mg |