



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

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

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

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

22

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

23



NO SCHOOL

24



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.

MENUS MUST BE POSTED AT ALL TIMES FOR NEW YORK STATE INSPECTION. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

