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|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Offered Daily |
|  |   |  | 1)  Ham & Cheese Sand. Ham (Salad bar) Chicken Noodles Soup Salad  Pineapple & Apples | 2)  Chicken Cutlet  French Fries Salad Pears - Bananas  | 3)  Tuna Salad Sand.  Tuna (Salad Bar)  Minestrone Soup Salad FF Chocolate Milk Applesauce | Salad Bar includes: Greens, a variety of vegetables, protein choices, and different cheesesAlternative Meals: Cheese SandwichesSun Butter Sandwiches Sun Butter & Jelly Sandwiches with yogurtOther Options: Yoplait Yogurt 6ozGreek Yogurt 6ozFresh FruitDrinks: 1% Low Fat MilkSkim fat Free Milk And once a weekFat Free Chocolate Milk100% Apple JuiceSoup on Wednesday and Friday. For Food ALLERGY - Check with Kitchen Staff*Menus are subject to change* |
|  | 6)  Fish Fillet Sweet Potato Fries Tartar sauce Salad Bananas | 7) Turkey & Cheese Sand.  Turkey (Salad Bar) Italian Wedding Soup Salad Pears | 8)  Chicken Patties  Potato Puffs Pineapple Salad Peaches & Apples | 9)  Grilled Cheese Sand. Florentine Soup Applesauce & Bananas FF Chocolate Milk | 10)  No School Veteran’s Day |
|  | 13)  Cheese LasagnaBoiled Eggs (Salad Bar) Mixed Vegetables Salad  Bananas  | 14) Tuna Salad Sand. Tuna (Salad Bar)Chicken Noodles Soup Salad Peaches - Apples | 15)  Chicken Nuggets  Chicken Fingers French Fries Sweet & Sour Sauce Salad Pineapple | 16) Turkey & Cheese Sand.  Turkey (Salad Bar)  Florentine Soup  Salad  Pears | 17)  Fish Fillet Sand. Sweet Potato Fries Tartar Sauce Salad FF Chocolate Milk Applesauce |
|  | 20)  Cheese Stuffed Shells  Green Beans  Whole Wheat Bread Salad  Bananas | 21)  Ham & Cheese Sand. Ham (Salad Bar)Chicken Noodles Soup  Salad Pineapple- Apples  | 22)  Chicken Cutlet  French Fries Sweet & Sour Sauce  Salad Peaches - Clementines | 23)   Thanksgiving Recess | 24)  Thanksgiving Recess |
|  | 27)  Baked Ziti Broccoli Boiled Eggs Whole Wheat Bread Bananas | 28) Chicken Fingers Potato Puffs Sweet & Sour Sauce  Salad Peaches - Apples | 29) Grilled Cheese Sand. Minestrone SoupCrabmeat Imitation SB Salad Pineapple   | 30) Fish Fillet  Sweet Potato Fries Tartar Sauce Salad Pears - Clementines |   |

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| **A Healthy Lunch Includes**: | **Student must choose at least 3 of the 5 choices including:*** ½ cup of fruit or vegetable
* At least two other choices
 |
| 1. Meat/Meat Alternate
2. Grain
3. Milk
 | 1. Fruit
2. Vegetable
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| ***For Best Nutrition Choose all Five Choices!*** |

 “ This institution is an equal opportunity provider.”