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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 cheeses  Alternative Meals:  Cheese Sandwiches  Sun Butter Sandwiches  Sun Butter & Jelly Sandwiches with yogurt  Other Options:  Yoplait Yogurt 6oz  Greek Yogurt 6oz  Fresh Fruit  Drinks:  1% Low Fat Milk  Skim fat Free Milk  And once a week  Fat Free Chocolate Milk  100% Apple Juice  Soup 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 Lasagna  Boiled 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 Soup  Crabmeat 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 |
| ***For Best Nutrition Choose all Five Choices!*** | | |

“ This institution is an equal opportunity provider.”