LUNCH Weekly Average: Calories 600-650, Sodium <1230, Sat Fat <10, Trans Fat zero

 NOVEMBER 2017

Reduced Price .40 (child) Full Price $2.85 (Child) Adult Price $2.85

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| NSLP REQUIREMENTSFruit ½ cup dailyVeggie ¾ cup dailyMeat/Alt 1.75oz dailyGrains 1.75oz dailyMilk 1 cup daily |   | 1Hamburger on a W/G bunCheese, Lettuce, TomatoPotato Wedges½ cup of Fruit,Milk Variety | 2BBQ Chicken,W/G BunVeggie Beans½ cup of Fruit,Milk Variety  |
| 6Beef and Bean Tostada on a W/G Tortilla, Lettuce, Cheese and TomatoesSpanish Rice½ cup of Fruit,Milk Variety | 7Salisbury Steak,Mashed Potatoes w/Gravy, W/G Roll,¾ cup of Veggies,½ cup of Fruit,Milk Variety  | 8Spaghetti w/ Meat Sauce W/G Garlic ToastGarden Salad w/Dressing½ cup of Fruit,Milk Variety | 10Chicken Nuggets,W/G Brown Rice,¾ cup of Veggies,½ cup of Fruit,Milk Variety  |
| 13Fish Sticks,W/G Wild Rice¾ cup of Veggies,½ cup of Fruit,Milk Variety | 14W/G, Rich Cheese PizzaGarden Salad, ½ cup of Fruit,Milk Variety BOARD MEETING | 15W/G Mac and Cheese¾ cup of Veggies,½ cup of Fruit,Milk Variety | 16Baked Potato,Gram Cracker, ¾ Cup of Veggies½ cup of Fruit,Milk Variety  |
| 20**THANKSGIVING****BREAK** | 21 **THANKSGIVING** **BREAK**  | 22 **THANKSGIVING**  **BREAK** | 23 **THANKSGIVING** **DAY**  |
| 27Lasagna with W/G Noodles. Garlic toast¾ cup of Veggies½ cup of Fruit,Milk Variety  | 28Corn DogGram CrackersVeggie Beans,½ cup of Fruit,Milk Variety | 29Chicken Noodle Soup,Corn Bread,¾ cup of Veggies,½ cup of FruitMilk Variety  | 30Beefy Nacho’s with W/G Tortilla chipsRefried Beans¾ cup of Veggies½ cup of FruitMilk Variety |

This institution is an equal opportunity provider.

Menu is subject to change without notice.

 Milk Variety: Low Fat 1% White or Non Fat Chocolate or Non Fat Strawberry

BREAKFAST Weekly Average: Calories 400-500, Sodium <540, Sat. Fat <10, Trans Fat 0g/serving

Breakfast in Classroom NOVEMBER 2017 Adult Price $2.85 $2.85

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| SBP REQUIREMENTS:Fruit/Veggie 1 cup dailyGrain 2oz dailyMilk 1 cup dailyMeat/Alt Optional | Please advise Ms. Leslie24hrs in advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly | 1Breakfast Burrito (Scrambled Eggs in a W/G Tortilla),1 cup FruitMilk Variety | 2W/G Bread Toasted, Sausage Patty,1 cup Fruit,Milk Variety |
| 6W/G Pancakes,1 cup Fruit,Milk Variety | 7Fruit Smoothie,W/G Bread Toasted w/Cinnamon,Milk Variety | 8W/G Cereal with Milk1 cup Fruit,Milk Variety | 9Scrambled Eggs w/Cheese,W/G Bread Toasted,1 cup Fruit,Milk Variety |
| 13Ham and Eggs1 cup Fruit,Milk Variety | 14Oatmeal with Raisons1 cup FruitMilk Variety | 15W/G Breakfast Cookie,1 cup Fruit,Milk Variety | 16W/G Pancake on a Stick 1 cup Fruit,Milk Variety |
| 20**THANKSGIVING** **BREAK** | 21**THANKSGIVING** **BREAK** | 22 **THANKSGIVING** **BREAK** | 23 **THANKSGIVING****DAY** |
| 27W/G French Toast,1 cup Fruit,Milk Variety | 28W/G Cereal Bar,Yogurt,1 cup Fruit,Milk Variety | 29Hard Boiled Egg,W/G Toast1 cup Fruit,Milk Variety | 30W/G Toasted BagelCream Cheese1 cup Fruit,Milk variety |

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Milk Variety: Low Fat 1% White Milk or Non Fat Chocolate or Non Fat Strawberry