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 REQUIREMENTS  Fruit ½ cup daily  Veggie ¾ cup daily  Meat/Alt 1.75oz daily  Grains 1.75oz daily  Milk 1 cup daily |  | 1  Hamburger on a W/G bun  Cheese, Lettuce, Tomato  Potato Wedges  ½ cup of Fruit,  Milk Variety | 2  BBQ Chicken,  W/G Bun  Veggie Beans  ½ cup of Fruit,  Milk Variety |
| 6  Beef and Bean Tostada on a W/G Tortilla, Lettuce, Cheese and Tomatoes  Spanish Rice  ½ cup of Fruit,  Milk Variety | 7  Salisbury Steak,  Mashed Potatoes w/Gravy, W/G Roll,  ¾ cup of Veggies,  ½ cup of Fruit,  Milk Variety | 8  Spaghetti w/ Meat Sauce W/G Garlic Toast  Garden Salad w/Dressing  ½ cup of Fruit,  Milk Variety | 10  Chicken Nuggets,  W/G Brown Rice,  ¾ cup of Veggies,  ½ cup of Fruit,  Milk Variety |
| 13  Fish Sticks,  W/G Wild Rice  ¾ cup of Veggies,  ½ cup of Fruit,  Milk Variety | 14  W/G, Rich Cheese Pizza  Garden Salad,  ½ cup of Fruit,  Milk Variety  BOARD MEETING | 15  W/G Mac and Cheese  ¾ cup of Veggies,  ½ cup of Fruit,  Milk Variety | 16  Baked Potato,  Gram Cracker,  ¾ Cup of Veggies  ½ cup of Fruit,  Milk Variety |
| 20  **THANKSGIVING**  **BREAK** | 21  **THANKSGIVING**  **BREAK** | 22  **THANKSGIVING**  **BREAK** | 23  **THANKSGIVING**  **DAY** |
| 27  Lasagna with W/G Noodles. Garlic toast  ¾ cup of Veggies  ½ cup of Fruit,  Milk Variety | 28  Corn Dog  Gram Crackers  Veggie Beans,  ½ cup of Fruit,  Milk Variety | 29  Chicken Noodle Soup,  Corn Bread,  ¾ cup of Veggies,  ½ cup of Fruit  Milk Variety | 30  Beefy Nacho’s with  W/G Tortilla chips  Refried Beans  ¾ cup of Veggies  ½ cup of Fruit  Milk 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 daily  Grain 2oz daily  Milk 1 cup daily  Meat/Alt Optional | Please advise Ms. Leslie  24hrs in advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly | 1  Breakfast Burrito (Scrambled Eggs in a W/G Tortilla),  1 cup Fruit  Milk Variety | 2  W/G Bread Toasted, Sausage Patty,  1 cup Fruit,  Milk Variety |
| 6  W/G Pancakes,  1 cup Fruit,  Milk Variety | 7  Fruit Smoothie,  W/G Bread Toasted w/Cinnamon,  Milk Variety | 8  W/G Cereal with Milk  1 cup Fruit,  Milk Variety | 9  Scrambled Eggs w/Cheese,  W/G Bread Toasted,  1 cup Fruit,  Milk Variety |
| 13  Ham and Eggs  1 cup Fruit,  Milk Variety | 14  Oatmeal with Raisons  1 cup Fruit  Milk Variety | 15  W/G Breakfast Cookie,  1 cup Fruit,  Milk Variety | 16  W/G Pancake on a Stick  1 cup Fruit,  Milk Variety |
| 20  **THANKSGIVING**  **BREAK** | 21  **THANKSGIVING**  **BREAK** | 22    **THANKSGIVING**  **BREAK** | 23    **THANKSGIVING**  **DAY** |
| 27  W/G French Toast,  1 cup Fruit,  Milk Variety | 28  W/G Cereal Bar,  Yogurt,  1 cup Fruit,  Milk Variety | 29  Hard Boiled Egg,  W/G Toast  1 cup Fruit,  Milk Variety | 30  W/G Toasted Bagel  Cream Cheese  1 cup Fruit,  Milk variety |

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