LUNCH

 NOVEMBER 2018

Reduced Price .40 (child) Full Price $2.92 (Child) Adult Price $2.92

|  |  |  |  |
| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| NSLP REQUIREMENTSFruit ½ cup dailyVeggie ¾ cup dailyMeat/Alt 1.75/2 oz. dailyGrains 1.75/ 2 oz. dailyMilk 1 cup daily | WEEKLY AVERAGECalories 600-650Sodium < 1230Sat. Fat < 10Trans Fat Zero  | Please Advise Mr. Steve24 hrs. in advance If youwould like to have lunch with your child/ grandchild so we may plan accordingly. |  1Salisbury Steak,Mashed Potato’s w/Gravy,W/G Bun,¾ cup of Veggies,½ cup of Fruit,Milk Variety  |
| 5Beef and Bean Tostada on a W/G Tortilla, Lettuce, Cheese and Tomatoes,Spanish Rice,½ cup of Fruit,Milk Variety | 6Baked Potato w/ fixings, Graham Crackers,¾ cup of Veggies,½ cup of Fruit,Milk Variety  | 7Spaghetti w/ Meat Sauce, W/G Garlic Toast,Garden Salad w/Dressing,½ cup of Fruit,Milk Variety |  8Chicken Nuggets,W/G Brown Rice,¾ cup of Veggies,½ cup of Fruit,Milk Variety  |
| 12**Veteran’s Day Holiday****NO SCHOOL** | 13W/G Cheese or Pepperoni Pizza,Garden Salad, ½ cup of Fruit,Milk Variety SCHOOL BOARD MTG. | 14W/G Mac and Cheese,W/G Garlic Toast,¾ cup of Veggies,½ cup of Fruit,Milk Variety |  15Hot Dog on a W/G Bun,Baked Potato Wedges,¾ Cup of Veggies,½ cup of Fruit,Milk Variety  |
| 19**THANKSGIVING****BREAK** | 20 **THANKSGIVING** **BREAK**  | 21 **THANKSGIVING**  **BREAK** |  22 **THANKSGIVING** **DAY**  |
| 26Cheeseburger on a W/G Bun w/ Lettuce, and Tomato,Baked Potato Wedges,½ cup of Fruit,Milk Variety | 27W/G Corn Dog,Gram Crackers,Veggie Beans,½ cup of Fruit,Milk Variety | 28Grilled Cheese SandwichOn W/G Bread,Chicken/ Veggie Soup, ½ cup of Fruit,Milk Variety  |  29Beefy Nacho’s with W/G Tortilla Chips,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

Breakfast in Classroom NOVEMBER 2018 Adult Price $2.85

|  |  |  |  |
| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| NSBP REQUIREMENTS:Fruit/Veggie 1 cup dailyGrain 1.75/ 2oz dailyMilk 1 cup dailyMeat/Alt Optional | Please advise Mr.Steve24 hrs in advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly. | WEEKLY AVERAGECalories: 400-500Sodium: < 540Sat Fat: < 10Trans Fat 0g/ serving | 1W/G Raisin Toast, Sausage Patty,1 cup Fruit,Milk Variety |
| 5W/G Breakfast Cookie,Yogurt, 1 cup Fruit,Milk Variety | 6Fruit Smoothie,W/G Toast,Milk Variety | 7W/G Cereal with Milk1 cup Fruit,Milk Variety | 8Ham and Eggs,W/G Bagel,1 cup Fruit,Milk Variety |
| 12**Veteran’s Day Holiday****NO SCHOOL** | 13W/G Waffles,1 cup Fruit,Milk Variety | 14Oatmeal w/ Raisins,1 cup Fruit,Milk Variety | 15W/G Pancake on a Stick, 1 cup Fruit,Milk Variety |
| 19**THANKSGIVING** **BREAK** | 20**THANKSGIVING** **BREAK** | 21 **THANKSGIVING** **BREAK** | 22 **THANKSGIVING****DAY** |
| 26W/G French Toast,1 cup Fruit,Milk Variety | 27W/G Cereal Bar,Yogurt,1 cup Fruit,Milk Variety | 28Hard Boiled Egg,W/G Toast,1 cup Fruit,Milk Variety | 29W/G Toasted Bagelw/ peanut butter; String Cheese,1 cup Fruit,Milk Variety |

This institution is an equal opportunity provider.

Menu is subject to change without notice.

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