LUNCH

NOVEMBER 2018

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

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| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| NSLP REQUIREMENTS  Fruit ½ cup daily  Veggie ¾ cup daily  Meat/Alt 1.75/2 oz. daily  Grains 1.75/ 2 oz. daily  Milk 1 cup daily | WEEKLY AVERAGE  Calories 600-650  Sodium < 1230  Sat. Fat < 10  Trans Fat Zero | Please Advise Mr. Steve  24 hrs. in advance If you  would like to have lunch with your child/ grandchild so we may plan accordingly. | 1  Salisbury Steak,  Mashed Potato’s w/Gravy,  W/G Bun,  ¾ cup of Veggies,  ½ cup of Fruit,  Milk Variety |
| 5  Beef and Bean Tostada on a W/G Tortilla, Lettuce, Cheese and Tomatoes,  Spanish Rice,  ½ cup of Fruit,  Milk Variety | 6  Baked Potato w/ fixings, Graham Crackers,  ¾ cup of Veggies,  ½ cup of Fruit,  Milk Variety | 7  Spaghetti w/ Meat Sauce, W/G Garlic Toast,  Garden Salad w/Dressing,  ½ cup of Fruit,  Milk Variety | 8  Chicken Nuggets,  W/G Brown Rice,  ¾ cup of Veggies,  ½ cup of Fruit,  Milk Variety |
| 12  **Veteran’s Day Holiday**  **NO SCHOOL** | 13  W/G Cheese or Pepperoni Pizza,  Garden Salad,  ½ cup of Fruit,  Milk Variety  SCHOOL BOARD MTG. | 14  W/G Mac and Cheese,  W/G Garlic Toast,  ¾ cup of Veggies,  ½ cup of Fruit,  Milk Variety | 15  Hot 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** |
| 26  Cheeseburger on a  W/G Bun w/ Lettuce, and Tomato,  Baked Potato Wedges,  ½ cup of Fruit,  Milk Variety | 27  W/G Corn Dog,  Gram Crackers,  Veggie Beans,  ½ cup of Fruit,  Milk Variety | 28  Grilled Cheese Sandwich  On W/G Bread,  Chicken/ Veggie Soup,  ½ cup of Fruit,  Milk Variety | 29  Beefy 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

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| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| NSBP REQUIREMENTS:  Fruit/Veggie 1 cup daily  Grain 1.75/ 2oz daily  Milk 1 cup daily  Meat/Alt Optional | Please advise Mr.Steve  24 hrs in advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly. | WEEKLY AVERAGE  Calories: 400-500  Sodium: < 540  Sat Fat: < 10  Trans Fat 0g/ serving | 1  W/G Raisin Toast,  Sausage Patty,  1 cup Fruit,  Milk Variety |
| 5  W/G Breakfast Cookie,  Yogurt,  1 cup Fruit,  Milk Variety | 6  Fruit Smoothie,  W/G Toast,  Milk Variety | 7  W/G Cereal with Milk  1 cup Fruit,  Milk Variety | 8  Ham and Eggs,  W/G Bagel,  1 cup Fruit,  Milk Variety |
| 12  **Veteran’s Day Holiday**  **NO SCHOOL** | 13  W/G Waffles,  1 cup Fruit,  Milk Variety | 14  Oatmeal w/ Raisins,  1 cup Fruit,  Milk Variety | 15  W/G Pancake on a Stick,  1 cup Fruit,  Milk Variety |
| 19  **THANKSGIVING**  **BREAK** | 20  **THANKSGIVING**  **BREAK** | 21    **THANKSGIVING**  **BREAK** | 22    **THANKSGIVING**  **DAY** |
| 26  W/G French Toast,  1 cup Fruit,  Milk Variety | 27  W/G Cereal Bar,  Yogurt,  1 cup Fruit,  Milk Variety | 28  Hard Boiled Egg,  W/G Toast,  1 cup Fruit,  Milk Variety | 29  W/G Toasted Bagel  w/ peanut butter;  String 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