



## Elementary Lunch Menu November 2019

Student Lunch \$2.80 \*\* Reduced Price \$0.40 \*\* Adult \$4.00

Research suggests that the food we eat affects our mental well-being. To help students identify the foods that can make them feel their best, Chartwells has launched a new program.. **Mood Boost!** Throughout the next few weeks, You will get introduced to the "**Moodies**" and learn the foods that can help make you feel : Strong, Alert, Happy, Calm, Smart and Confident!

**All of our offerings contain zero grams of artificial trans fat.**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>ALERT</b>		<b>1-Nov</b> No School
<b>4-Nov</b> BBQ Chicken Served w/ <b>mashed potatoes</b> , dinner roll & <b>cinnamon glazed</b> <b>carrots</b> Fruit and Vegetable Bar Assorted Milk	<b>5-Nov</b> <b>Lucky Tray Day!</b> Soft Beef Taco <b>Sweet Potato Fries</b> Fruit and Vegetable Bar Assorted Milk	<b>6-Nov</b> Toasted Cheese Sandwich <b>Tomato Soup</b> Fruit and Vegetable Bar Assorted Milk	<b>7-Nov</b> Pepperoni Pizza <b>Roasted Broccoli</b> Fruit and Vegetable Bar Assorted Milk	<b>8-Nov</b> Cheese Burger <b>Boston Baked Beans</b> Fruit and Vegetable Bar Assorted Milk
<b>11-Nov</b> Sloppy Joes Baked Tater Tots Fruit and Vegetable Bar Assorted Milk	<b>12-Nov</b> <b>Pancake Day!</b> Pancakes w/Maple Syrup Sausage Patty Scrambled Eggs, Baked Apple Slices Fruit and Vegetable Bar Assorted Milk	<b>13-Nov</b> Macaroni & Cheese Savory Green Beans & Dinner Roll Fruit and Vegetable Bar Assorted Milk	<b>14-Nov</b> French Toast Sticks w/ Maple Syrup Scrambled Eggs Baked Apple Slices Fruit and Vegetable Bar Assorted Milk	<b>15-Nov</b> Cheese Quesadilla Seasoned Corn Fruit and Vegetable Bar Assorted Milk
<b>18-Nov</b> Tangerine Chicken <b>Brown Rice, Roasted Broccoli</b> Fruit and Vegetable Bar Assorted Milk	<b>19-Nov</b> French Toast Sticks w/ Maple Syrup Sausage Patty Fruit and Vegetable Bar Assorted Milk	<b>20-Nov</b> Toasted Cheese Sandwich <b>Tomato Soup</b> Fruit and Vegetable Bar Assorted Milk	<b>21-Nov</b> <b>Parfait:</b> Vanilla Yogurt, Homemade Granola & Fruit Fruit and Vegetable Bar Assorted Milk	<b>22-Nov</b> <u>Only choice:</u> Turkey Gravy w/ <b>Mashed Potatoes,</b> <b>Candied Yams,</b> <b>Roasted Brussel Sprouts</b> Dinner Roll Fruit and Vegetable Bar Assorted Milk
<b>25-Nov</b> <b>No School</b>	<b>26-Nov</b> <b>No School</b>	<b>27-Nov</b> <b>No School</b>	<b>28-Nov</b> <b>No School</b>	<b>29-Nov</b> <b>No School</b>

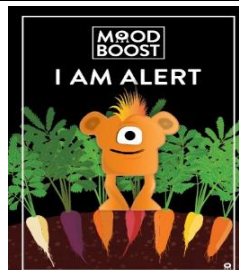
**A full student lunch includes a choice of entrée supplying protein and whole grain, up to three (3) vegetable side dishes, one (1) fruit side dish, and milk. Milk choices include 1% white and skim chocolate. A cold vegetable and fruit bar is available daily on which we feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices. We also offer at least one hot vegetable daily on our serving line.**

Mondays Alt Entrées	Tuesdays Alt Entrées	Wednesdays Alt Entrées	Thursdays Alt Entrées	Fridays Alt Entrées
<b>Chicken</b> Nuggets w/ Whole Grain Dinner Roll  Tuna Sub	Cheese Pizza  Deli Sandwich	Whole Grain Corn Dog  Fun Lunch: Cereal & Yogurt Fun Lunch	<b>Beef</b> Nachos  Chef Salad w/Fish Crackers	Hot Dog  Deli Sandwich

### Daily Fruit and Vegetable Bar Offerings

Tossed Salad <b>Fresh Baby Carrots</b> Power Peas  Fresh Fruit Chilled Fruit	Caesar Salad  <b>Broccoli Florets</b> Spicy Roasted Garbonzo Beans  Fresh Fruit Chilled Fruit	Tossed Salad <b>Fresh Baby Carrots</b> <b>Spinach Salad w Cranberries</b>  Fresh Fruit Chilled Fruit	Caesar Salad  <b>Broccoli Florets</b> Corn & Black Bean Salsa Salad  Fresh Fruit Chilled Fruit	Tossed Salad Fresh Baby Carrots <b>Spinach Salad w Cranberries</b> Dried Fruit Mix Fresh Fruit
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**Did you know Carrots, Brussel Sprouts, Dark Chocolate, Apples and Watermelon are all great foods to help you stay alert?**



View your menu online at: [lakeland272.nutrislice.com](http://lakeland272.nutrislice.com)

This Institution is an equal opportunity provider.