



NOVEMBER | 2022



Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Hamburger Baked Beans Fresh Fruit Choice of Milk	1 French Toast Sticks Sausage Patty Sweet Potato Wedges Fresh Fruit Choice of Milk	2 Chicken Drumstick Biscuit Mashed Potatoes Fresh Fruit Choice of Milk	3 Popcorn Chicken Broccoli Fresh Fruit Choice of Milk	4 Pizza Cruncher with Marinara Sauce Cauliflower Fresh Fruit Choice of Milk
Teriyaki Dippers with a Dinner Roll Mini Peppers Fresh Fruit Choice of Milk	8 Mac and Cheese Baked Beans Fresh Fruit Choice of Milk	9 Chicken Nuggets French Fries Fresh Fruit Choice of Milk	10 Bosco Sticks with Marinara Sauce Broccoli Fresh Fruit Choice of Milk	11 Pizza Slice Cucumber Fresh Fruit Choice of Milk
14 Walking Taco Refried Beans Fresh Fruit Choice of Milk	15 Chicken and Waffles Strawberry Topping Broccoli Fresh Fruit Choice of Milk	16 Grilled Cheese Tomato Soup Fresh Fruit Choice of Milk	17 Mini Corn Dogs Curly Fries Fresh Fruit Choice of Milk	18 Holiday Meal! 
21 Hamburger Assorted Vegetables Fresh Fruit Choice of Milk	22 Pizza Cruncher with Marinara Sauce Assorted Vegetables Fresh Fruit Choice of Milk	Thanksgiving Break 		
Teriyaki Dippers with a Dinner Roll Mini Peppers Fresh Fruit Choice of Milk	29 Mac and Cheese Baked Beans Fresh Fruit Choice of Milk	30 Chicken Nuggets French Fries Fresh Fruit Choice of Milk	1 Bosco Sticks with Marinara Sauce Broccoli Fresh Fruit Choice of Milk	2 Pizza Slice Cucumber Fresh Fruit Choice of Milk

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

All alternative meals include choice of milk, fruit and/or vegetable

Mon/Wed/Fri:

- Lunch Kits (similar to lunchables):
 - Pizza
 - Turkey, Cheese and Crackers

Tues/Thurs:

- Peanut-Free Wowbutter and Jelly Sandwich^v
- Protein Power: yogurt, grain, string cheese^v

Meal Prices:

Breakfast: \$2.25
 Lunch: \$3.40
 Adult: \$4.80
 Extra Milk: \$0.50