

# November 2023 Elementary School Lunch

(\*) Contains Pork

(\*\*) Served With a Roll.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Soft Beef Tacos Or Baked Penne Pasta Fruit & Veggies Milk	2 Chicken Nuggets w/ Goldfish Crackers Or Grilled Cheese Sandwich Fruit & Veggies Milk	3 Italian Meatball Sub Or Cheese Pizza Fruit & Veggies Milk
6 All Beef Hot Dog Or Pizza Dippers w/ Marinara Sauce Fruit & Veggies Milk	7 Sloppy Joe Sandwich Or Cheese Pizza Quesadilla Fruit & Veggies Milk	8 Halal Creamy Chicken Alfredo Or Creamy Mac & Cheese Soft Pretzel Rod Fruit & Veggies Milk	9 Chicken Tender W/Garlic Bread Or Grilled Cheese Sandwich Fruit & Veggies Milk	10 Early Dismissal
13 Crispy Chicken Sandwich Or Pizza Dippers w/ Marinara Sauce Fruit & Veggies Milk	14 French Toast Sticks w/ Sau- sage Patty Or Cheese Pizza Quesadilla Fruit & Veggies Milk	15 Chicken & Waffle Or Creamy Mac & Cheese Fruit & Veggies Milk	16 Cheeseburger Or Grilled Cheese Sandwich Fruit & Veggies Milk	17 No School
20 Thanksgiving Break	21 Thanksgiving Break	22 Thanksgiving Break	23 Thanksgiving Break	24 Thanksgiving Break
27 Chicken Nuggets Or Pizza Dippers w/ Marinara Sauce Fruit & Veggies Milk	28 Chicago Style All Beef Hot Dog Or Cheese Pizza Quesadilla Fruit & Veggies Milk	29 Mini Corn Dogs Or Creamy Mac & Cheese Fruit & Veggies Milk	30 Crispy Chicken Sandwich Or Grilled Cheese Sandwich Fruit & Veggies Milk	

Lunch \$ 2.85

Milk .60¢

Available Daily:  
Cheese Sandwich  
Sun Butter & Jelly  
Sandwich  
Tukey Sandwich

Included with Every Meal  
Fruit and Vegetable  
Choice of Milk

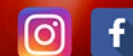
Arbor A+ Nutrition Mission  
To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

~Arbor Management~

Make Choices for a Healthy Lifestyle!

Please note: Due to national supply chain disruptions and shortages, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Substitution of menu items will be communicated. We apologize in advance and thank you for understanding! This institution is an equal opportunity employer.



For more information or to "Ask the Dietitian", check out our website!