



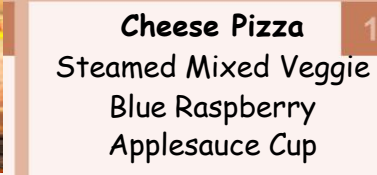







As part of the Community Eligibility Provision (CEP), we are pleased to announce that breakfast and lunch will be provided to all students at no charge. Please note that this applies to the first meal only. Any second meals will incur a charge. Enjoy your meals!

# MENU

NOVEMBER

## K-8 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<b>Chicken Nuggets</b> 4 Warm Garlic Knot Fresh Veggie, Hummus Cocoa Brownie Bar	<b>NO SCHOOL</b> 5 SUPT. CONFERENCE DAY	<b>French Toast Sticks</b> 6 Chicken Sausage Patty Home Fries Orange Juice & Syrup	<b>Orange Chicken</b> 7 Fried Rice Steamed Carrots Fresh Grape Tomatoes	<b>Cheese Pizza</b> 1 Steamed Mixed Veggie Blue Raspberry Applesauce Cup
<b>No School</b> 11 	<b>Macaroni &amp; Cheese</b> 12 Warm Cinnamon Pears Roasted Broccoli Fresh Grape Tomatoes Choc Chip Cookie	<b>Cheeseburger</b> 13 Baked Chips Rainbow Pepper Sticks w/Dip <b>Yogurt Cup</b> Harvest of the Month 	<b>Thanksgiving @ School</b> 14 <b>Turkey &amp; Gravy</b> Buttery Mashed Potatoes Dinner Roll, Green Beans, Craisins, Apple Crisp	<b>Cheese Pizza</b> 15 Steamed Mixed Veggie Mango Peach Applesauce Cup
<b>Philly Cheesesteak Sub</b> 18 <b>Peppers &amp; Onions</b> Tomato Soup Goldfish Cracker String Cheese & Cucumber	<b>Ultimate Nachos</b> 19 Salsa & Sour Cream Refried Bean Dip Yellow Corn Rainbow Pepper Sticks	<b>Chicken Nuggets</b> 20 Sunrise Waffle & Syrup French Fries Fresh Veggie with Hummus 100% Juice Cup	<b>Rotini with Meat</b> 21 <b>Sauce (beef)</b> Garlic Texas Toast Peas & Carrots Fresh Grape Tomatoes	<b>Cheese Pizza</b> 22 Steamed Mixed Veggie Cinnamon Bear Grahams
<b>K-5 EARLY RELEASE</b> 25 <b>Yogurt Meal</b> <b>Wow Butter Meal</b> Veggies Fruit Choices & <b>Milk Choice</b>	<b>K-12 EARLY RELEASE</b> 26 <b>Yogurt Meal</b> <b>Wow Butter Meal</b> Veggies Fruit Choices & <b>Milk Choice</b>	 27	 28	 29

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change. Notice is posted when available.

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All lunch meals include a variety of fresh fruit, vegetables and low-fat white or flavored milk.

This institution is an equal opportunity employer.

MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION

In collaboration with  
**CAPITAL REGION**  
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SHARED FOOD SERVICE PROGRAM

