

What's on the Menu?





Pembroke, West Maple, Beverly, & Harlan November Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Be sure to check the Fruit & Vegetable Bar Menu for a full list of what is being served!</i>				
3 #BrunchforLunch Emoji Brunch! Chicken & Waffles with Special Emoji Shaped Waffles with Baked Smiley Fries	4 No School! 	5 Baked, Whole Grain Chicken Tenders With Dipping Sauce with Roasted Cinnamon Carrots	6  Smart Slice Cheese Pizza or Smart Slice Pepperoni Pizza	7 Mini Chicken Corndogs with Steamed Broccoli with Cheddar Cheese
10#BrunchforLunch Whole Grain Funfetti Pancakes, Syrup, & Turkey Sausage Link with Baked Tater Tots	11 Crispy Baked Chicken Nuggets with Baked Smiley Fries BPS SIGNATURE DIP	12 ½ Day No Lunch!! 	13 ½ Day No Lunch!! World Kindness Day	14 Fish Sandwich Friday Whole Grain Baked Fish Patty with Tater Totss
17#BrunchforLunch Whole Grain Emoji Waffles and Cheddar Cheese Omelet With Baked Tater Tots Served with Blueberry Topping	18 Flamebroiled Cheeseburger or Morningstar Veggie Burger with Romaine & Tomato Slices with Roasted Carrot "Fries"	19 Grilled Cheese with Steamed Broccoli	20  Smart Slice Cheese Pizza or Smart Slice Pepperoni Pizza	21 Totcho Bowl With Baked Golden Tots, Chili, Cheddar Cheese, Romaine, and Tomatoes with Steamed Corn Warm Chili=Warm Bellies
24#BrunchforLunch Whole Grain Mini Chocolate Chip French Toast, Syrup, & a Low-Fat "Raspberry Rainbow" Yogurt With Baked Hashbrown Patty	25 Beef Frank Hot Dog on Whole Grain Bun with Bush's Baked Beans Eat With A Friend Day	26 No School!	27 No School! 	28 No School!
Cold Lunch Choice				
Hummus and Veggie Platter	Turkey and Cheese Croissant	Hummus and Veggie Platter	Turkey and Cheese Croissant	Hummus and Veggie Platter
All lunch Choices include ALL fruits & vegetables offered on regular menu and our Fruit & Vegetable Bar				

Serving up happy & healthy

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Daily Fruit & Vegetable Bar

Monday	Tuesday	Wednesday	Thursday	Friday
Orange Wedges 100% Apple Juice Cucumber Coins Baby Carrots Assorted Fresh Fruit & Veggies	No School! 	Strawberries Cinnamon Apple Slices Celery Sticks Cucumber Coins Assorted Fresh Fruit & Veggies	Natural Applesauce Strawberry Craisins Baby Carrots Grape Tomatoes Assorted Fresh Fruit & Veggies	Clementines Roasted Chickpeas Pineapple Tidbits Bell Pepper Strips Assorted Fresh Fruit & Veggies
Cantaloupe Cubes Mandarin Oranges Baby Carrots Broccoli Garbanzo Beans Assorted Fresh Fruit & Veggies	Orange Wedges Pineapple Tidbits in 100% Juice Garden Salad with Homemade Croutons Cherry tomatoes Assorted Fresh Fruit & Veggies	½ Day No Lunch!! 	½ Day No Lunch!! 	Watermelon Cubes Mandarin Oranges Roasted Garbanzo Beans Sugar Snap Peas Assorted Fresh Fruit & Veggies
Clementines 100% Apple Juice Baby Carrots Cauliflower Florets Assorted Fresh Fruit & Veggies	<i>Toppings for entree:</i> Sliced Tomatoes & Romaine Honeydew Cubes Diced Peaches in 100% Juice Bell Pepper Strips Assorted Fresh Fruit & Veggies	Red and/or Green Grapes Frozen Peach Cups 100% Juice Cucumber Coins Baby Carrots Assorted Fresh Fruit & Veggies	Natural Applesauce Strawberry Craisins Baby Carrots Grape Tomatoes Assorted Fresh Fruit & Veggies	<i>Toppings for entree:</i> Diced Tomatoes & Chopped Romaine Strawberries Pineapple Tidbits in 100% Juice Cauliflower Florets Assorted Fresh Fruit & Veggies
Cinnamon Bananas Sliced Pears in 100% Juice Baby Carrots Broccoli Florets Garbanzo Beans Assorted Fresh Fruit & Veggies	Cantaloupe Cubes Mandarin Oranges Cucumber Coins Broccoli Snap Peas Cauliflower Florets Assorted Fresh Fruit & Veggies	No School!	No School! 	No School!

This Institution is an equal opportunity provider.

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