



Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Nov 2 - 6	Pancakes, 100% Maple Syrup or Chicken Tenders Tater Tots Roasted Cauliflower Blueberries	WG Penne w/ Turkey Bolognese or Bean Burrito Side Salad Roasted Zucchini Orange Slices	BBQ Pork Sliders or Cheese Quesadilla Sour Cream & Salsa Black Bean Salad Sweet Plantains Cantaloupe	Boneless Chicken Wings or Beef Hot Dog Mashed Potato Green Peas Apple Slices	Fresh Baked Pizza or Turkey Nachos Sour Cream & Salsa Sliced Cucumbers Sliced Peppers Banana
Week 2 Nov 9 - 13	Fish Sticks or Mac & Cheese w/ WG Breadstick Green Beans Side Salad Apple Slices	French Toast Sticks & Scram Eggs, 100% Maple Syrup or Grilled Cheese Hash Brown Roasted Carrots Strawberries	School Closed Veterans Day	Chicken Alfredo w/ WG Penne or Bean Burrito Roasted Broccoli Corn Pineapple	Fresh Baked Pizza or Beef Burger Spinach Salad Roasted Zucchini Cantaloupe
Week 3 Nov 16 - 20	Boneless Chicken Wings or Pizza Crunners Green Salad Roasted Bell Peppers Orange Slices	Pancakes, 100% Maple Syrup or Turkey Burger Hash Brown Roasted Cauliflower Blueberries	Chicken Quesadilla or Cheese Quesadilla Sour Cream & Salsa Sweet Plantains Black Bean Salad Pineapple	Baked Ziti or Grilled Cheese Green Beans Side Salad Apple Slices	Fresh Baked Pizza or Fish Sticks Roasted Broccoli Carrots & Ranch Fresh Grapes
Week 4 Nov 23 - 27	Chicken Tenders or Mac & Cheese w/ WG Breadstick Corn Roasted Carrots Apple Slices	BBQ Pork Sliders or Turkey Nachos Sour Cream & Salsa Sweet Potato Fries Coleslaw Pineapple	Half Day No Lunch Service	School Closed Thanksgiving Break	School Closed Thanksgiving Break
Week 5 Nov 30	Chicken Meatballs w/ WG Breadstick or Fish Sticks Roasted Broccoli Corn Fresh Grapes				

Available Every Day

- Bagel with Cheese Stick
Served with Cream Cheese or Butter
- Sun Butter & Jelly Sandwich,
Turkey or Ham Sandwich

All of these are offered as a Complete Meal, including vegetable, fruit and milk.

A Gluten Free Meal is available with 1 day notification.

All Meals include: Entrée, Fresh Fruit, and Choice of Milk- Fat Free White, or 1% White. (All grains served are whole grain.) Vegetables (3/4 cup) and Apples, Oranges or Bananas are available daily. All salad dressings are FREE from Hydrogenated Oils, High Fructose Corn Syrup, Preservatives, Artificial Ingredients & Trans Fat. Milk is antibiotic and hormone free. Local Produce used throughout the month when available.

** Fresh fruit and yogurt smoothies are available at Main Street Elementary**

[Click here to see the selection of healthy snacks and beverages available.](#)

These items require payment at the register or funds on account with MySchoolBucks.

If you have any questions/concerns regarding this menu or there are special dietary needs,

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This Institution is an equal opportunity employer and provider.