MNSD ELEMENTARY MENU: NOVEMBER

ANNOUNCEMENTS!

BREAKFAST
Free for all students!
LUNCH
Students: $3.20
Questions? Visit our webpage!

Check out our new Gluten Free Options--GF

****This menu does not accommodate students with severe gluten sensitivities related to cross-contamination****

Local fat-free chocolate and **reduced-fat white milk** are available during breakfast and lunch
All grains are **whole grain rich** (WG)
All juice is **100% fruit juice**

A La Carte items are available to purchase using your Student Account. For funding and account management access www.schoolcafe.com

Menu is subject to changes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Assorted Daily Breakfast Items **GF–Blueberry Muffin** **2** **LUNCH** A-Cheesy Mac Bites B-PB&J Fun Lunch C-French Toast & Sausage Patty **D-GF Pizza Daiya** **SIDES** Tater Tots Seasoned Green Beans Edamame Assorted Cold Fruit & Veggies	**3** No School	**BREAKFAST** Assorted Daily Breakfast Items **GF– Cinnamon Chex Cereal** **4** **LUNCH** A-Chicken Cheese Steak B-PB&J Fun Lunch C-Hot Dog **D-GF Chicken Cheese Steak** **SIDES** Seasoned Wedge Fries Baked Beans Assorted Cold Fruit & Veggies	**BREAKFAST** Assorted Daily Breakfast Items **GF– Lucky Charms Cereal** **5** **LUNCH** A-Walking Tacos B-PB&J Fun Lunch C-Cheese Filled Bosco Sticks **D-GF Tenders** **SIDES** Seasoned Fries Marinara Cup Assorted Cold Fruit & Veggies	**BREAKFAST** Assorted Daily Breakfast Items **GF– Rice Chex Cereal** **6** **LUNCH** A-Big Daddy Pizza Slice B-PB&J Fun Lunch C-Garden Salad with Chicken & Dinner Roll **D-GF Pizza Daiya** **SIDES** Emoticon Mashed Potatoes Assorted Cold Fruit & Veggies
BREAKFAST Assorted Daily Breakfast Items **GF–Blueberry Muffin** **9** **LUNCH** A-Chicken Nuggets w/ Dinner Roll B-Nacho Fun Lunch C-Pancakes & Sausage **D-GF Nacho Fun Lunch** **SIDES** Tater Tots Seasoned Peas Edamame Assorted Cold Fruit & Veggies	**BREAKFAST** Assorted Daily Breakfast Items **GF– Double Chocolate Muffin** **10** **LUNCH** A-Mozzarella Sticks B-Nacho Fun Lunch C-Bacon Cheeseburger **D-GF Chicken Tenders** **SIDES** Seasoned Spiral Fries Edamame Marinara Cup Assorted Cold Fruit & Veggies	**BREAKFAST** Assorted Daily Breakfast Items **GF– Cinnamon Chex Cereal** **11** **LUNCH** A-Tony's Deep Dish Personal Pizza B-Nacho Fun Lunch C-Grilled Cheese & Chicken Noodle Soup **D-GF Pizza Daiya** **SIDES** Seasoned Wedge Fries Edamame Assorted Cold Fruit & Veggies	**BREAKFAST** Assorted Daily Breakfast Items **GF– Lucky Charms Cereal** **12** **LUNCH** A-Mac & Cheese & Crispy Chicken w/ Dinner Roll B-Nacho Fun Lunch C-French Toast Sticks & Sausage Links **D-GF Nacho Fun Lunch** **SIDES** Seasoned Fries Seasoned Green Beans Edamame Assorted Cold Fruit & Veggies	**BREAKFAST** Assorted Daily Breakfast Items **GF– Rice Chex Cereal** **13** **LUNCH** A-Big Daddy Pizza Slice B-Nacho Fun Lunch C-Spicy Chicken Sandwich **D-GF Pizza Daiya** **SIDES** Emoticon Mashed Potatoes Edamame Assorted Cold Fruit & Veggies

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Assorted Daily Breakfast Items **GF–Blueberry Muffin** 16 **LUNCH** A-Chicken Patty Sandwich B-Strawberry Parfait Fun Lunch C-Waffles & Sausage Patty **D-GF Grilled Chicken Sandwich** **SIDES** Tater Tots Assorted Cold Fruit & Veggies	**BREAKFAST** Assorted Daily Breakfast Items **GF– Double Chocolate Muffin** 17 **LUNCH** A-Sweet & Sour Chicken Popper w/ Brown Rice B-Strawberry Parfait Fun Lunch C-Cheese Calzone **D-GF Chicken Tenders** **SIDES** Seasoned Fries Seasoned Mixed Vegetables Marinara Cup Assorted Cold Fruit & Veggies	**BREAKFAST** Assorted Daily Breakfast Items **GF– Cinnamon Chex Cereal** 18 **LUNCH** A-Cheeseburger B-Blueberry Parfait Fun Lunch C-Pizza Quesadilla **D-GF Hamburger** **SIDES** Seasoned Wedge Fries Baked Beans Salsa Cup Assorted Cold Fruit & Veggies	**BREAKFAST** Assorted Daily Breakfast Items **GF– Lucky Charms Cereal** 19 **LUNCH** A-Walking Tacos B-Strawberry Parfait Fun Lunch C-Turkey and Cheese Sandwich **D-GF Walking Taco** **SIDES** Seasoned Fries Seasoned Corn Assorted Cold Fruit & Veggies	**BREAKFAST** Assorted Daily Breakfast Items **GF– Rice Chex Cereal** 20 **LUNCH** A-Hummus Bento Box B-Strawberry Parfait Fun Lunch C- Big Daddy Pizza Slice **D-GF Pizza Daiya** **SIDES** Emoticon Mashed Potatoes Assorted Cold Fruit & Veggies
23 Half Day No Food Services Offered	24 Half Day No Food Services Offered	25 Half Day No Food Services Offered	26 No School	27 No School

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BREAKFAST

Assorted Daily Breakfast Items
GF–Blueberry Muffin

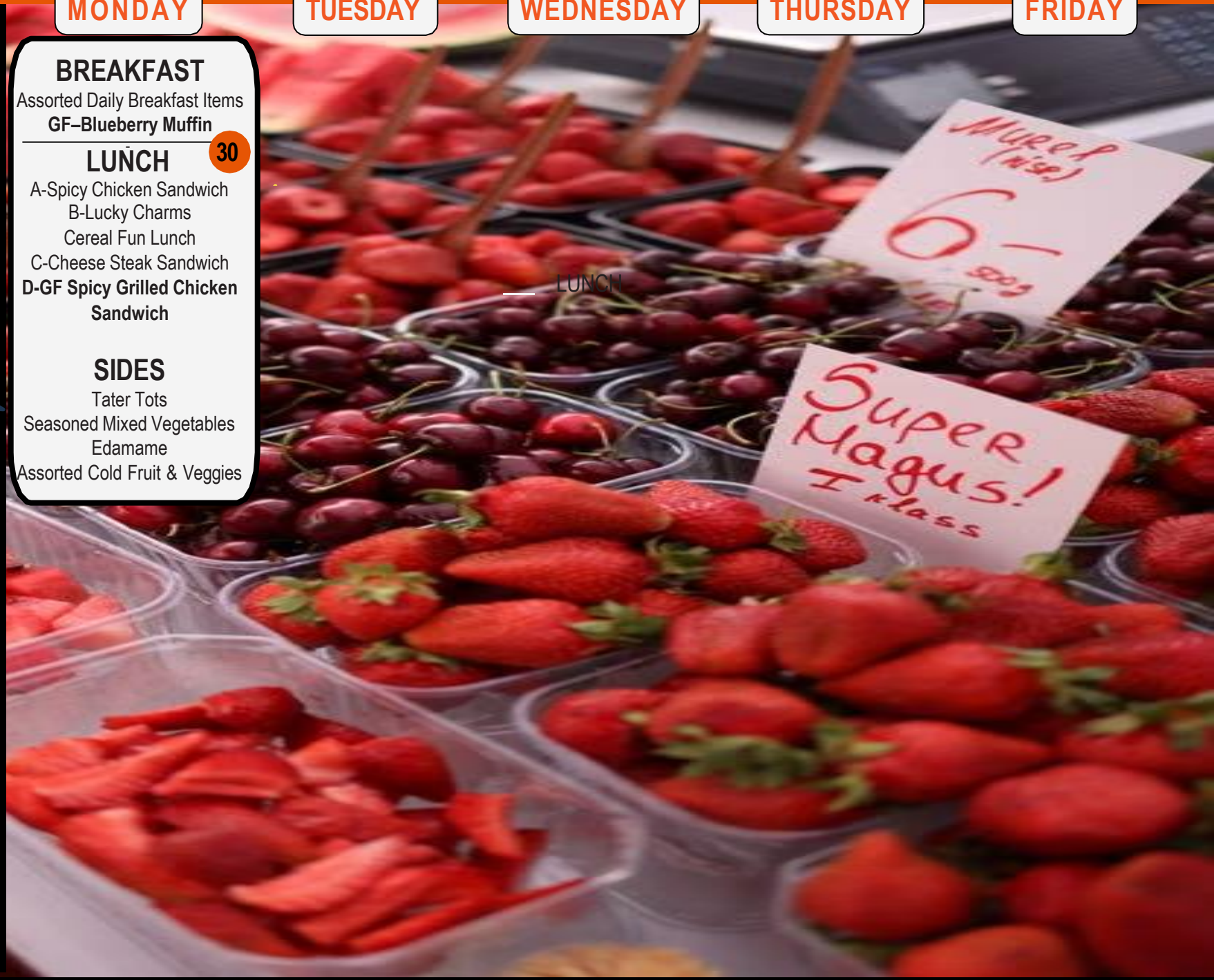
30

LUNCH

A-Spicy Chicken Sandwich
B-Lucky Charms
Cereal Fun Lunch
C-Cheese Steak Sandwich
D-GF Spicy Grilled Chicken Sandwich

SIDES

Tater Tots
Seasoned Mixed Vegetables
Edamame
Assorted Cold Fruit & Veggies



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ASSORTED DAILY BREAKFAST ITEMS

Bagels w/ Cream Cheese

-HOT BREAKFAST ITEMS

Maple Pancakes Puffs, Strawberry Pancake Puffs, Mini waffles, Mini Cinnamon Waffles, Fruit Loop Waffle or Chocolate Chip French Toast

-BENE-FIT BAR

Chocolate Chip Oatmeal

-CEREAL BARS

Cinnamon Toast Crunch, Or Cocoa Puffs

ASSORTED DAILY BREAKFAST ITEMS

-CEREAL BOWL

Lucky Charms, Cinnamon Toast Crunch, Trix Or Cocoa Puffs

-MUFFIN

Blueberry, Chocolate Chip or Chocolate Chocolate Chip

-PASTRY

Strawberry Cream Cheese Bagel, Apple Frudel or Cinnamon Toast Crunch Bar

-POP TART

Blueberry, Cinnamon or Strawberry

BREAKFAST FRUITS AVAILABLE DAILY

Apples
Apple Slices
Oranges
Apple Juice
Orange Juice
Fruit Punch
Assorted Fruit Cups

LUNCH SIDES AVAILABLE DAILY

Carrots
Celery
Cucumbers
Garden Salad
Apple
Apple Slice
Oranges
Assorted Fruit Cups

Check out our A La Cart Items Offered Daily and Prices

A La Cart

Bagged Cookies	$1.50	Fruit By The Foot	$1.00
Brownie	$1.50	Fruit Roll Ups	$1.00
Bug Bites	$ .60	Gold Fish	$ .60
Cheese Itz	$ .60	Gold Fish Pretzel	$ .60
Chewy Granola Bars	$1.10	Ice Cream	$1.10
Chips	$1.30	Motts or Welches Fruit Snacks	$1.00
Dog Bones Graham Cracher	$ .60	Pop tart	$1.00
Vanilla Emoji	$ .60	Rice Krispie Treat	$1.15
		Scooby Snacks	$1.00

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MNSD WORRALL MENU: NOVEMBER

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LUNCH
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Gluten Free Options Available Upon Request
For Gluten Free Options please contact tstiles@mnsd.org

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All grains are **whole grain rich** (WG)
All juice is **100% fruit juice**

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Menu is subject to changes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Assorted Daily Breakfast Items **2** **LUNCH** A-Mini Cheese Calzone B-PB&J Fun Lunch **SIDES** Smile Fries Edamame Assorted Cold Fruit & Veggies	**3** No School	**BREAKFAST** Assorted Daily Breakfast Items **4** **LUNCH** A-Tony Personal Deep-Dish Pizza B-PB&J Fun Lunch **SIDES** Tater Tots Edamame Assorted Cold Fruit & Veggies	**BREAKFAST** Assorted Daily Breakfast Items **5** **LUNCH** A-Chicken Nuggets & Dinner Roll B-PB&J Fun Lunch **SIDES** Seasoned Broccoli Edamame Assorted Cold Fruit & Veggie	**BREAKFAST** Assorted Daily Breakfast Items **6** **LUNCH** A-Big Daddy Pizza Slice B-PB&J Fun Lunch **SIDES** Seasoned Wedge Fries Edamame Assorted Cold Fruit & Veggies
BREAKFAST Assorted Daily Breakfast Items **9** **LUNCH** A-Chicken Tenders & Dinner Roll B-Chocolate Chocolate Chip Muffin Fun Lunch **SIDES** Smile Fries Edamame Green Beans Assorted Cold Fruit & Veggies	**BREAKFAST** Assorted Daily Breakfast Items **10** **LUNCH** A-Meatball Sandwich B-Chocolate Chip Muffin Fun Lunch **SIDES** Edamame Assorted Cold Fruit & Veggies	**BREAKFAST** Assorted Daily Breakfast Items **11** **LUNCH** A-Hot Dog B-B-Chocolate Chocolate Chip Muffin Fun Lunch **SIDES** Tater Tots Baked Beans Edamame Assorted Cold Fruit & Veggies	**BREAKFAST** Assorted Daily Breakfast Items **12** **LUNCH** A-Spicy Chicken Patty Sandwich B-Chocolate Chip Muffin Fun Lunch **SIDES** Edamame Corn Assorted Cold Fruit & Veggies	**BREAKFAST** Assorted Daily Breakfast Items **13** **LUNCH** A-Big Daddy Pizza Slice B-B-Chocolate Chocolate Chip Muffin Fun Lunch **SIDES** Seasoned Wedge Fries Edamame Assorted Cold Fruit & Veggies

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