Estell Manor School
Per-K LUNCH MENU

November 2026

EAT SMART
BE SMART



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Nuggets with Goldfish Cucumber Slices	3 Beef & Cheese Quesadilla Corn	4 Pancakes & Sausage Carrots Sticks	5 **No School**	6 **No School**
9 Chicken Nuggets with Goldfish Carrots	10 Beef & Cheese Quesadilla Grape Tomatoes	11 Pancakes & Sausage Oven Fries	12 Grilled Cheese Sandwich Fresh Broccoli	13 Pizza Dippers Veggie Patch
16 Chicken Nuggets with Goldfish Oven Fries	17 Beef & Cheese Quesadilla Corn	18 Pancakes & Sausage Celery Sticks	19 Grilled Cheese Sandwich Corn	20 Stuffed Crust Pizza Veggie Patch
23 Chicken Nuggets with Goldfish Cucumber Slices	24 Beef & Cheese Quesadilla Grape Tomatoes	25 Pancakes & Sausage Carrots Sticks	26 **No School**	27 **No School**
30 Chicken Nuggets with Goldfish Green Beans	1 Beef & Cheese Quesadilla Corn	2 Pancakes & Sausage Celery Sticks	3 Grilled Cheese Sandwich Oven Fries	4 Pizza Crunchers Veggie Patch

WHAT MAKES IT A MEAL!
Students are served in the classroom.

- Whole Grain
- Protein
- Vegetable
- Fruit
- -1% Milk

Available Daily
Uncrustable Meal with Veggie and Fruit

Milk Selection
[1% White Milk]

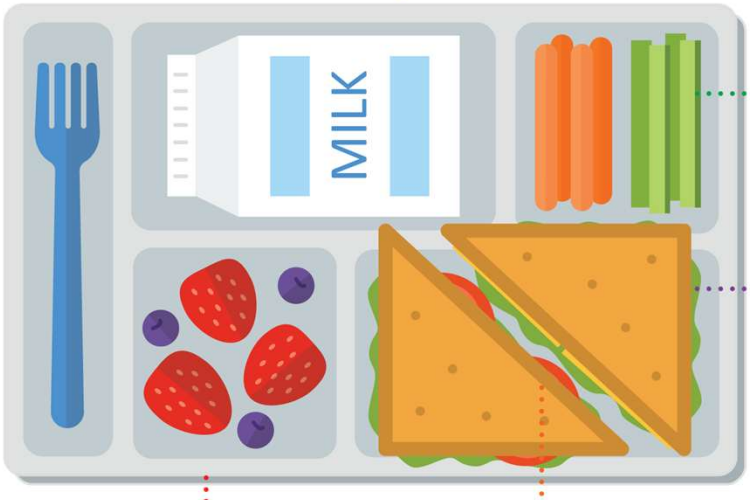
Rachel Adams
Food Service Director
(609) 476-2267 ext. 6
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Lunch Prices

Student	$3.85
Adult	$4.85

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz



MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

GNAW ON RAW
Veggie Patch, salad, and cooked. Veggies have fiber for digestion

POWER UP WITH PROTEIN
Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!

WHOLE GRAINS = WHOLE PACKAGE
Bread, cereal, and crackers. Grains give us energy!

PURSUIT FOR FRUIT
Fresh, cupped, or 100% juice, fruit is nutrient-packed!

MAKE IT A MEAL!

Choose at least **3** of **5** meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of ½ cup serving of fruit or vegetable must accompany a school lunch.

LUNCH PRICES

Student Lunch:	$3.85
Adult Lunch:	$4.85

schoolcafé

View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.

Meet Your Nutritious Friends



Try quinoa on the menu this month!

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