


P= item may include pork products
 V= item is vegetarian

NOVEMBER | 2021



Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Rotini and Meat Sauce With Garlic Bread Broccoli Assorted Fruits Fresh Veggies Choice of Milk	2 Chicken Tenders, Dinner Roll w/ Dipping Sauce Mini Peppers Assorted Fruits Fresh Veggies Choice of Milk	3 Nachos with Beef and Cheese Dipping Sauce Refried Beans Assorted Fruits Fresh Veggies Choice of Milk	4 Popcorn Chicken w/ Dinner Roll French Fries Assorted Fruits Fresh Veggies Choice of Milk	5 Country Fried Steak Dinner Roll Green Beans Assorted Fruits Fresh Veggies Choice of Milk
8 Cheese Lasagna Roll Ups ^V With Garlic Bread Carrots Assorted Fruits Fresh Veggies Choice of Milk	9 French Toast Sticks w/ Turkey Sausage Hash Brown Rounds Assorted Fruits Fresh Veggies Choice of Milk	10 Beef Teriyaki Dippers Dinner Roll Broccoli Assorted Fruits Fresh Veggies Choice of Milk	11 Walking Taco Refried Beans Assorted Fruits Fresh Veggies Choice of Milk	12 Mozzarella Sticks ^V w/ Marinara Sauce Cauliflower Assorted Fruits Fresh Veggies Choice of Milk
15 Chicken Penne Alfredo Broccoli Assorted Fruits Fresh Veggies Choice of Milk	16 Chicken and Waffles w/ Strawberry Topping Tater Tots Assorted Fruits Fresh Veggies Choice of Milk	17 Macaroni and Cheese Baked Beans Assorted Fruits Fresh Veggies Choice of Milk	18 Chicken Pot Pie Carrots Assorted Fruits Fresh Veggies Choice of Milk	19 HOLIDAY MEAL 
22 Bosco Sticks Carrots Assorted Fruits Fresh Veggies Choice of Milk	23 Pizza Assorted Fruits Fresh Veggies Choice of Milk	<h1>Thanksgiving</h1>		
29 Rotini and Meat Sauce With Garlic Bread Broccoli Assorted Fruits Fresh Veggies Choice of Milk	30 Chicken Tenders, Dinner Roll w/ Dipping Sauce Mini Peppers Assorted Fruits Fresh Veggies Choice of Milk	1 Nachos with Beef and Cheese Dipping Sauce Refried Beans Assorted Fruits Fresh Veggies Choice of Milk	2 Popcorn Chicken w/ Dinner Roll French Fries Assorted Fruits Fresh Veggies Choice of Milk	3 Country Fried Steak Dinner Roll Green Beans Assorted Fruits Fresh Veggies Choice of Milk

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

All alternative meals include choice of milk, fruit and/or vegetable

Mon/Wed/Fri:

- Lunch Kits (similar to lunchables):
 - Pizza
 - Turkey, Cheese and Crackers

Tues/Thurs:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Protein Power: yogurt, grain, string cheese^V

Under current USDA waivers, all complete student meals are free of charge. Additional entrees or a la carte items are an additional cost, charging is not allowed on these items, students must have sufficient funds to purchase.