



## NOVEMBER 2017 Pre-K 3 - Grade 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
CHICKEN DELIGHTS	BURGER BASH	CULINARY	NEW YORK	PIZZA PARTY
		1	New York Thursday 2	3
		<p style="text-align: center;"><u>Brunch</u> Canadian Bacon, Egg &amp; Cheese on a Bagel</p> <p style="text-align: center;">Mozzarella Sticks Marinara Sauce</p> <p style="text-align: center;">Home Fries Garlicky Green Beans</p> <p style="text-align: center;"><u>Salad Bar</u> Spinach &amp; Cranberry Salad</p>	<p style="text-align: center;">Steamed Chicken Dumplings with Asian Dipping Sauce</p> <p style="text-align: center;">Vegetable Fried Brown Rice</p> <p style="text-align: center;">Egg Roll with Duck Sauce</p> <p style="text-align: center;"><u>Salad Bar</u> Asian Slaw Fresh New York Apples</p>	<p style="text-align: center;">Classic Cheese Pizza</p> <p style="text-align: center;">Pizza Supreme Sausage, Onions &amp; Peppers</p> <p style="text-align: center;">Kid Friendly Kale Salad</p> <p style="text-align: center;"><u>Salad Bar</u> Fresh Marinated Vegetable Salad</p>
6	Election Day 7	8	New York Thursday 9	10
<p style="text-align: center;">Popcorn Chicken Dipping Sauce Cup</p> <p style="text-align: center;">Warm Dinner Roll</p> <p style="text-align: center;">Parmigiana Roasted Cauliflower</p> <p style="text-align: center;"><u>Salad Bar</u> Broccoli and Cranberry Salad</p>	<p style="text-align: center;">100% Beef Hamburgers &amp; Cheeseburgers</p> <p style="text-align: center;">Turkey Burger</p> <p style="text-align: center;">Burgers served with Lettuce, Tomato &amp; New York Onion</p> <p style="text-align: center;">Sweet Potato Waffle Fries</p> <p style="text-align: center;"><u>Salad Bar</u> Carrot &amp; Lemon Salad</p>	<p style="text-align: center;">Bite Size Beef Tacos Seasoned Beef served with Diced Tomato, Lettuce, Cheese &amp; Taco Sauce</p> <p style="text-align: center;">Baked! Tostitos® Scoops® Brown Rice</p> <p style="text-align: center;">Teriyaki Chicken Sliders</p> <p style="text-align: center;">Sweet Plantains Seasoned Pinto Beans <u>Salad Bar</u> Fresh Cilantro Slaw</p>	<p style="text-align: center;">Classic Tuna on Ciabatta Bread</p> <p style="text-align: center;">Mozzarella Sticks Marinara Sauce</p> <p style="text-align: center;">New York Cookie Treat</p> <p style="text-align: center;">French Fries</p> <p style="text-align: center;"><u>Salad Bar</u> Kale Salad Fresh New York Apples</p>	<p style="text-align: center;">Classic Cheese Pizza</p> <p style="text-align: center;">Meat Lovers Pizza Bacon &amp; Sausage</p> <p style="text-align: center;">Garlic Knot</p> <p style="text-align: center;">Green Garden Salad</p> <p style="text-align: center;"><u>Salad Bar</u> Italian Marinated Cucumber Salad</p>
13	14	15	Half Day K-8 16	17
<p style="text-align: center;">Crispy Chicken Waffle Sandwich served with syrup</p> <p style="text-align: center;">Garlic Toast</p> <p style="text-align: center;">Roasted Zucchini</p> <p style="text-align: center;"><u>Salad Bar</u> Italian Classico Salad</p>	<p style="text-align: center;">100% Beef Hamburger &amp; Cheeseburger Sliders</p> <p style="text-align: center;">Turkey Burger</p> <p style="text-align: center;">Burgers served with Lettuce Tomato &amp; New York Onion</p> <p style="text-align: center;">Frito-Lay® SunChips®</p> <p style="text-align: center;">Orange Glazed Carrots</p> <p style="text-align: center;"><u>Salad Bar</u> Caesar Salad</p>	<p style="text-align: center;">"Super Chef" Shepard's Pie A Delicious Blend of Mashed Potatoes, Turkey, &amp; Cheese</p> <p style="text-align: center;">Warm Dinner Roll Broccoli Trees</p> <p style="text-align: center;"><u>Salad Bar</u> Confetti Corn Salad</p>	<p style="text-align: center;">Jamaican Beef Patty</p> <p style="text-align: center;">Mozzarella Sticks Marinara Sauce</p> <p style="text-align: center;">New York Hot Pretzel</p> <p style="text-align: center;">"Party Fries"</p> <p style="text-align: center;"><u>Salad Bar</u> Celery &amp; Apple Salad New York Apple Slices</p>	<p style="text-align: center;">Classic Cheese Pizza</p> <p style="text-align: center;">Bruschetta Pizza Fresh Tomatoes &amp; Onions</p> <p style="text-align: center;">Chickpea Salad Hot Confetti Corn</p> <p style="text-align: center;"><u>Salad Bar</u> Roasted Broccoli &amp; Cauliflower Salad</p>
20	21	22	Thanksgiving Break 23	Thanksgiving Break 24
<p style="text-align: center;">Popcorn Chicken Dipping Sauce Cup</p> <p style="text-align: center;">Mac-N-Cheese</p> <p style="text-align: center;">Sweet Potato Wedge Fries</p> <p style="text-align: center;">Brooklyn Baked Beans</p> <p style="text-align: center;"><u>Salad Bar</u> Green Garden Salad</p>	<p style="text-align: center;">100% Beef Pizza Burger</p> <p style="text-align: center;">Fish &amp; Cheese Sandwich</p> <p style="text-align: center;">Burgers served with Lettuce, Tomato &amp; New York Onion</p> <p style="text-align: center;">French Fries</p> <p style="text-align: center;"><u>Salad Bar</u> Greek Zucchini Salad</p>	<p style="text-align: center;"><u>Holiday Meal</u> Hot Sliced Turkey with Gravy</p> <p style="text-align: center;">Warm Corn Bread</p> <p style="text-align: center;">New York cookie Treat</p> <p style="text-align: center;">Mashed Potatoes Garlicky Green Beans</p> <p style="text-align: center;"><u>Salad Bar</u> Confetti Corn Salad</p>	<p style="text-align: center;">Steamed Chicken Dumplings with Asian Dipping Sauce</p> <p style="text-align: center;">Vegetable Fried Brown Rice</p> <p style="text-align: center;">Egg Roll with Duck Sauce</p> <p style="text-align: center;"><u>Salad Bar</u> Asian Slaw Fresh New York Apples</p>	<p style="text-align: center;">Classic Cheese Pizza</p> <p style="text-align: center;">Pizza Supreme Sausage, Onions &amp; Peppers</p> <p style="text-align: center;">Kid Friendly Kale Salad</p> <p style="text-align: center;"><u>Salad Bar</u> Fresh Marinated Vegetable Salad</p>
27	28	29	New York Thursday 30	
<p style="text-align: center;">Popcorn Chicken Dipping Sauce Cup</p> <p style="text-align: center;">Warm Dinner Roll</p> <p style="text-align: center;">Parmigiana Roasted Cauliflower</p> <p style="text-align: center;"><u>Salad Bar</u> Broccoli and Cranberry Salad</p>	<p style="text-align: center;">100% Beef Hamburgers &amp; Cheeseburgers</p> <p style="text-align: center;">Turkey Burger</p> <p style="text-align: center;">Burgers served with Lettuce, Tomato &amp; New York Onion</p> <p style="text-align: center;">Sweet Potato Waffle Fries</p> <p style="text-align: center;"><u>Salad Bar</u> Carrot &amp; Lemon Salad</p>	<p style="text-align: center;">Asian Noodle Bowl A Mixture of Asian Flavors with vegetables and lo-mein served with Popcorn Chicken</p> <p style="text-align: center;">Teriyaki Chicken Sliders</p> <p style="text-align: center;">Sweet Plantains Seasoned Pinto Beans</p> <p style="text-align: center;"><u>Salad Bar</u> Fresh Cilantro Slaw</p>	<p style="text-align: center;">Classic Tuna on Ciabatta Bread</p> <p style="text-align: center;">Mozzarella Sticks Marinara Sauce</p> <p style="text-align: center;">New York Cookie Treat</p> <p style="text-align: center;">French Fries</p> <p style="text-align: center;"><u>Salad Bar</u> Kale Salad Fresh New York Apples</p>	<div style="text-align: center;">  <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD</p> </div>

### Entree Alternatives

- PB&J Sandwich
- Cheese Sandwich
- Plain Turkey Sandwich
- Hummus Grab & Go

### Milk

- 1% Low-fat
- Fat Free
- Fat Free Chocolate

### Dipping Sauce Cups

- BBQ, Ranch,
- Honey Mustard

### OFFERED DAILY

#### Seasonal Fresh Fruit

- Apples, Oranges,
- Bananas, Pears

No Artificial flavors, colors, or sweeteners in all SchoolFood Products

### Dressings

- Chipotle Ranch
- Balsamic Vinaigrette
- Ranch
- Asian Sesame
- Honey Mustard
- Caesar
- French
- Italian Vinaigrette

### Pizza and Pasta

- #### Flavor Station
- Granulated Garlic
  - Red Pepper Flakes
  - Parmesan Cheese

Pre-K 3 - Grade 8 Lunch Menu



MENUS ARE SUBJECT TO CHANGE  
SCHOOLFOOD HAS A PORK FREE MENU