

SI >60



Elementary (K-5) Lunch Menu The cost of a paid student meal is \$2.10 for elementary students. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Chicken Nuggets w/ Mumbo	Barbecue Turkey on Whole	Korean Bibimbap Chicken	Pizza Burger	Panes Rellenos (Salvadoran
Sauce & Whole Grain	Grain Bun	w/Ginger Lime Brown Rice	on Whole Grain Bun	Chicken Torta)
Dinner Roll	OR	OR	OR	OR
OR	Vegetarian Caesar Salad	Veggie Fried Rice	Italian Bagel	Mexican Corn Salad w/Black
Veggie Chili w/ Whole Grain	w/Whole Grain Croutons			Beans & Whole Grain Tortilla
Dinner Roll				Chips
Fresh Roma Roasted Local	Southwest Pinto Beans	Seasoned Carrots	Sweet Potato Wedges	
Red Potatoes	Fresh Celery	Fresh Cucumber Coins	Fresh Local Kale Caesar Salad	Roasted Broccoli
Fresh Cucumber & Tomato Salad	w/Light Dressing			Fresh Baby Carrots w/Light
				Dressing
Fresh Local Apple	Pineapple Cup	Fresh Orange	Fresh Banana	100 % Grape Juice
Nov 9	Nov 10	Nov 11	Nov 12	Nov 1
Turkey Hot Dog on a Whole	Homemade Cheese Pizza on	Veterans Day	Teriyaki Chicken w/ Ginger Lime	Pescada a la Mexicana
Grain Bun	Whole Grain Crust		Brown Rice	(Mexican Style Baked Fish)
OR	OR	No School	OR	w/Spanish Brown Rice
Toasted Two Cheese Sandwich	Chicken Salad Sandwich on		Veggie Lo Mein	OR
on Whole Grain Bread	Whole Grain Bun	Service Se		Bean & Cheese Burrito
		+		
	Fresh Local Sweet Potato	A harris		
Baked Beans	w/Cinnamon	The stars ye	Seasoned Carrots	Mexican Corn
Fresh Homemade Cole Slaw	Fresh Romaine and Tomato	VETERANS	Fresh Celery Sticks	Fresh Broccoli
	Side Salad		w/Light Dressing	w/ Light Dressing
Fresh Local Apple	Pineapple Cup	A the second sec	Fresh Banana	100 % Grape Juice
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Meatball Sub w/Beef Meatballs	Homemade Cheese Pizza on	Whole Grain Rotini w/Turkey	Cheeseburger on Whole Grain	Rachael Ray's Yum-O-Capital
on Whole Grain Bun	Whole Grain Crust	Meat Sauce	Bun	City Chicken Drumstick
OR		OR	OR	w/Whole Grain Biscuit
Un	OR	UN		w/ whole drain Discuit
Toasted Two Cheese	OR Chicken Taco	Whole Grain Rotini w/Marinara	Veggie Chili w/ Whole Grain	OR
-				OR
Toasted Two Cheese		Whole Grain Rotini w/Marinara	Veggie Chili w/ Whole Grain	OR
Toasted Two Cheese Sandwich on Whole Grain		Whole Grain Rotini w/Marinara	Veggie Chili w/ Whole Grain Dinner Roll	OR Toasted Two Cheese Sandwich
Toasted Two Cheese Sandwich on Whole Grain	Chicken Taco Fresh Local Country Collard Greens	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans	OR Toasted Two Cheese Sandwich
Toasted Two Cheese Sandwich on Whole Grain Bread	Chicken Taco Fresh Local Country	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots	OR Toasted Two Cheese Sandwich on Whole Grain Bread
Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas	Chicken Taco Fresh Local Country Collard Greens	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans	OR Toasted Two Cheese Sandwich on Whole Grain Bread Rachael Ray's Yum-O Local
Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas Fresh Broccoli	Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots	OR Toasted Two Cheese Sandwich on Whole Grain Bread Rachael Ray's Yum-O Local Sweet Potato Mash
Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas Fresh Broccoli w/Light Dressing	Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing	OR Toasted Two Cheese Sandwich on Whole Grain Bread Rachael Ray's Yum-O Local Sweet Potato Mash Fresh Cucumber Coins
Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas Fresh Broccoli w/Light Dressing Fresh Local Apple	Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing Fresh Orange	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana	OR Toasted Two Cheese Sandwich on Whole Grain Bread Rachael Ray's Yum-O Local Sweet Potato Mash Fresh Cucumber Coins 100 % Grape Juice
Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas Fresh Broccoli w/Light Dressing Fresh Local Apple Nov 23	Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup Nov 24	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing Fresh Orange	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Nov 26	OR Toasted Two Cheese Sandwich on Whole Grain Bread Rachael Ray's Yum-O Local Sweet Potato Mash Fresh Cucumber Coins 100 % Grape Juice
Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas Fresh Broccoli w/Light Dressing Fresh Local Apple <u>Nov 23</u> Pizza Burger	Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing <u>Pineapple Cup</u> <u>Nov 24</u> Sliced Turkey w/ Gravy	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing Fresh Orange Nov 25 Homemade Cheese Pizza on	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana	OR Toasted Two Cheese Sandwich on Whole Grain Bread Rachael Ray's Yum-O Local Sweet Potato Mash Fresh Cucumber Coins 100 % Grape Juice
Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas Fresh Broccoli w/Light Dressing Fresh Local Apple Nov 23 Pizza Burger on Whole Grain Bun	Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing <u>Pineapple Cup</u> <u>Nov 24</u> Sliced Turkey w/ Gravy Cornbread Stuffing	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing Fresh Orange	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Nov 26 Happy	OR Toasted Two Cheese Sandwich on Whole Grain Bread Rachael Ray's Yum-O Local Sweet Potato Mash Fresh Cucumber Coins 100 % Grape Juice Nov 2:
Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas Fresh Broccoli w/Light Dressing Fresh Local Apple Nov 23 Pizza Burger on Whole Grain Bun OR	Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing <u>Pineapple Cup</u> <u>Nov 24</u> Sliced Turkey w/ Gravy	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing Fresh Orange Nov 25 Homemade Cheese Pizza on Whole Grain Crust OR	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Nov 26	OR Toasted Two Cheese Sandwich on Whole Grain Bread Rachael Ray's Yum-O Local Sweet Potato Mash Fresh Cucumber Coins 100 % Grape Juice Nov 2
Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas Fresh Broccoli w/Light Dressing Fresh Local Apple Nov 23 Pizza Burger on Whole Grain Bun	Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing <u>Pineapple Cup</u> <u>Nov 24</u> Sliced Turkey w/ Gravy Cornbread Stuffing Cranberry Sauce OR	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing Fresh Orange Nov 25 Homemade Cheese Pizza on Whole Grain Crust OR Haitian Style Fish w/ Creole	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Nov 26 Happy	OR Toasted Two Cheese Sandwich on Whole Grain Bread Rachael Ray's Yum-O Local Sweet Potato Mash Fresh Cucumber Coins <u>100 % Grape Juice</u> Nov 2: Thanksgiving
Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas Fresh Broccoli w/Light Dressing Fresh Local Apple Nov 23 Pizza Burger on Whole Grain Bun OR	Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup Nov 24 Sliced Turkey w/ Gravy Cornbread Stuffing Cranberry Sauce OR Toasted Two Cheese Sandwich	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing Fresh Orange Nov 25 Homemade Cheese Pizza on Whole Grain Crust OR	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Nov 26 Happy Thanksgiving!	OR Toasted Two Cheese Sandwich on Whole Grain Bread Rachael Ray's Yum-O Local Sweet Potato Mash Fresh Cucumber Coins <u>100 % Grape Juice</u> Nov 2: Thanksgiving
Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas Fresh Broccoli w/Light Dressing Fresh Local Apple Nov 23 Pizza Burger on Whole Grain Bun OR	Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing <u>Pineapple Cup</u> <u>Nov 24</u> Sliced Turkey w/ Gravy Cornbread Stuffing Cranberry Sauce OR	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing Fresh Orange Nov 25 Homemade Cheese Pizza on Whole Grain Crust OR Haitian Style Fish w/ Creole	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Nov 26 Happy	OR Toasted Two Cheese Sandwich on Whole Grain Bread Rachael Ray's Yum-O Local Sweet Potato Mash Fresh Cucumber Coins 100 % Grape Juice Nov 2
Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas Fresh Broccoli w/Light Dressing Fresh Local Apple Nov 23 Pizza Burger on Whole Grain Bun OR	Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup Nov 24 Sliced Turkey w/ Gravy Cornbread Stuffing Cranberry Sauce OR Toasted Two Cheese Sandwich on Whole Grain Bread	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing Fresh Orange Nov 25 Homemade Cheese Pizza on Whole Grain Crust OR Haitian Style Fish w/ Creole	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Nov 26 Happy Thanksgiving!	OR Toasted Two Cheese Sandwich on Whole Grain Bread Rachael Ray's Yum-O Local Sweet Potato Mash Fresh Cucumber Coins <u>100 % Grape Juice</u> Nov 2 Thanksgiving
Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas Fresh Broccoli w/Light Dressing Fresh Local Apple Nov 23 Pizza Burger on Whole Grain Bun OR Italian Bagel	Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup Nov 24 Sliced Turkey w/ Gravy Cornbread Stuffing Cranberry Sauce OR Toasted Two Cheese Sandwich on Whole Grain Bread Mashed Potatoes w/ Gravy	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing Fresh Orange Nov 25 Homemade Cheese Pizza on Whole Grain Crust OR Haitian Style Fish w/ Creole Rice and Beans	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Nov 26 Happy Thanksgiving!	OR Toasted Two Cheese Sandwich on Whole Grain Bread Rachael Ray's Yum-O Local Sweet Potato Mash Fresh Cucumber Coins <u>100 % Grape Juice</u> Nov 22 Thanksgiving Friday
Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas Fresh Broccoli w/Light Dressing Fresh Local Apple Nov 23 Pizza Burger on Whole Grain Bun OR Italian Bagel Fiesta Black Beans	Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup Nov 24 Sliced Turkey w/ Gravy Cornbread Stuffing Cranberry Sauce OR Toasted Two Cheese Sandwich on Whole Grain Bread	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing Fresh Orange Nov 25 Homemade Cheese Pizza on Whole Grain Crust OR Haitian Style Fish w/ Creole Rice and Beans Glazed Carrots	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Nov 26 Happy Thanksgiving!	OR Toasted Two Cheese Sandwich on Whole Grain Bread Rachael Ray's Yum-O Local Sweet Potato Mash Fresh Cucumber Coins <u>100 % Grape Juice</u> Nov 23 Thanksgiving
Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas Fresh Broccoli w/Light Dressing Fresh Local Apple Nov 23 Pizza Burger on Whole Grain Bun OR Italian Bagel Fiesta Black Beans Fresh Baby Carrots w/ Light	Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup Nov 24 Sliced Turkey w/ Gravy Cornbread Stuffing Cranberry Sauce OR Toasted Two Cheese Sandwich on Whole Grain Bread Mashed Potatoes w/ Gravy	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing Fresh Orange Nov 25 Homemade Cheese Pizza on Whole Grain Crust OR Haitian Style Fish w/ Creole Rice and Beans Glazed Carrots Fresh Local Tuscan	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Nov 26 Happy Thanksgiving!	OR Toasted Two Cheese Sandwich on Whole Grain Bread Rachael Ray's Yum-O Local Sweet Potato Mash Fresh Cucumber Coins <u>100 % Grape Juice</u> Nov 22 Thanksgiving Friday
Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas Fresh Broccoli w/Light Dressing Fresh Local Apple Nov 23 Pizza Burger on Whole Grain Bun OR Italian Bagel Fiesta Black Beans Fresh Baby Carrots w/ Light	Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup Nov 24 Sliced Turkey w/ Gravy Cornbread Stuffing Cranberry Sauce OR Toasted Two Cheese Sandwich on Whole Grain Bread Mashed Potatoes w/ Gravy	Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing Fresh Orange Nov 25 Homemade Cheese Pizza on Whole Grain Crust OR Haitian Style Fish w/ Creole Rice and Beans Glazed Carrots Fresh Local Tuscan	Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Nov 26 Happy Thanksgiving!	OR Toasted Two Cheese Sandwich on Whole Grain Bread Rachael Ray's Yum-O Local Sweet Potato Mash Fresh Cucumber Coins <u>100 % Grape Juice</u> Nov 2: Thanksgiving Friday

USDA is an equal opportunity provider and employer.



Ancient travelers carried them as "on-the-go" snacks that lasted longer on the road than fresh fruits.

