



SIMPLY GOOD



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)!

November 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Chicken Nuggets w/ Mumbo Sauce & Whole Grain Dinner Roll OR Veggie Chili w/ Whole Grain Dinner Roll Fresh Roma Roasted Local Red Potatoes Fresh Cucumber & Tomato Salad Fresh Local Apple	Barbecue Turkey on Whole Grain Bun OR Vegetarian Caesar Salad w/Whole Grain Croutons Southwest Pinto Beans Fresh Celery w/Light Dressing Pineapple Cup	Korean Bibimbap Chicken w/Ginger Lime Brown Rice OR Veggie Fried Rice Seasoned Carrots Fresh Cucumber Coins Fresh Orange	Pizza Burger on Whole Grain Bun OR Italian Bagel Sweet Potato Wedges Fresh Local Kale Caesar Salad Fresh Banana	Panes Rellenos (Salvadoran Chicken Torta) OR Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips Roasted Broccoli Fresh Baby Carrots w/Light Dressing 100 % Grape Juice
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Turkey Hot Dog on a Whole Grain Bun OR Toasted Two Cheese Sandwich on Whole Grain Bread Baked Beans Fresh Homemade Cole Slaw Fresh Local Apple	Homemade Cheese Pizza on Whole Grain Crust OR Chicken Salad Sandwich on Whole Grain Bun Fresh Local Sweet Potato w/Cinnamon Fresh Romaine and Tomato Side Salad Pineapple Cup	Veterans Day No School 	Teriyaki Chicken w/ Ginger Lime Brown Rice OR Veggie Lo Mein Seasoned Carrots Fresh Celery Sticks w/ Light Dressing Fresh Banana	Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice OR Bean & Cheese Burrito Mexican Corn Fresh Broccoli w/ Light Dressing 100 % Grape Juice
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Meatball Sub w/Beef Meatballs on Whole Grain Bun OR Toasted Two Cheese Sandwich on Whole Grain Bread Sweet Green Peas Fresh Broccoli w/Light Dressing Fresh Local Apple	Homemade Cheese Pizza on Whole Grain Crust OR Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup	Whole Grain Rotini w/Turkey Meat Sauce OR Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing Fresh Orange	Cheeseburger on Whole Grain Bun OR Veggie Chili w/ Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana	Rachael Ray's Yum-O-Capital City Chicken Drumstick w/Whole Grain Biscuit 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 23	Nov 24	Nov 25	Nov 26	Nov 27
Pizza Burger on Whole Grain Bun OR Italian Bagel Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing Fresh Local Apple	Sliced Turkey w/ Gravy Cornbread Stuffing Cranberry Sauce OR Toasted Two Cheese Sandwich on Whole Grain Bread Mashed Potatoes w/ Gravy Fresh Cucumber Coins Pineapple Cup	Homemade Cheese Pizza on Whole Grain Crust OR Haitian Style Fish w/ Creole Rice and Beans Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange	Happy Thanksgiving! 	Thanksgiving Friday No School

USDA is an equal opportunity provider and employer.

