



## Education Campus (K-8) Lunch Menu

November 2015

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
<b>Nov 2</b>	<b>Nov 3</b>	<b>Nov 4</b>	<b>Nov 5</b>	<b>Nov 6</b>
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
<b>Nov 9</b>	<b>Nov 10</b>	<b>Nov 11</b>	<b>Nov 12</b>	<b>Nov 13</b>
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	<b>Veterans Day</b> <b>No School</b> 	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
<b>Nov 16</b>	<b>Nov 17</b>	<b>Nov 18</b>	<b>Nov 19</b>	<b>Nov 20</b>
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
<b>Nov 23</b>	<b>Nov 24</b>	<b>Nov 25</b>	<b>Nov 26</b>	<b>Nov 27</b>
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	<b>Happy Thanksgiving!</b> 	<b>Thanksgiving Friday</b>  <b>No School</b>
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Caesar Salad w/Fresh Romaine & Croutons w/Whole Grain Dinner Roll	Garden Salad w/Fresh Romaine Tomatoes, Cheese & Whole Grain Garlic Bun	Chef Salad w/Fresh Romaine, Turkey Ham, Egg, Cheese & Whole Grain Garlic Bun	Turkey Salami Sandwich on Whole Grain Roll	Chicken Salad on Whole Grain Sub w/Fresh Lettuce and Tomato