



ELEMENTARY SCHOOL NOVEMBER 2008

Monday	Tuesday	Wednesday	Thursday	Friday
3 Steak Fingers w/Gravy Whole Grain Roll Plus a choice of 3 Mashed Potatoes Country Style Spinach Fresh Apple Wedge Canned & Fresh Seasonal Fruit	4 Hot Dog on a Wheat Bun Macaroni & Cheese Plus a choice of 3 Savory Peas Crispy Carrots w/ Dip Chilled Applesauce Canned & Fresh Seasonal Fruit	5 Cheese Enchiladas w/Chili Spanish Rice Plus a choice of 3 Seasoned Pinto Beans Whole Kernel Corn Chilled Pineapple Tidbits Canned & Fresh Seasonal Fruit	6 Pepperoni Pizza Hot Garlic Bread Plus a choice of 3 Cut Green Beans Tossed Salad w/Ranch Dressing Fresh Banana Canned & Fresh Seasonal Fruit	7 Grilled Chicken on Wheat Bun Plus a choice of 3 Crispy Fries Lettuce, Tomato & Pickles Chilled Mandarin Oranges Canned & Fresh Seasonal Fruit
Baked Potato w/ Cheese & Roll Choice of 2 Fruits or Vegetables	Ham & Cheese Muncher w/Crackers Choice of 1 Fruit or Vegetable	Yogurt Plate Choice of 3 Fruits or Vegetables	Ham Chef Salad w/Crackers Choice of 1 Fruit or Vegetable	Turkey Wrap w/Pickle Spear Choice of 2 Fruits or Vegetables
10 Oriental Chicken Fried Rice Plus a choice of 3 Cut Green Beans Raw Vegetable Medley w/Dip Watermelon Chunks Canned & Fresh Seasonal Fruit	11 Breaded Chicken on a Wheat Bun Plus a choice of 3 Spicy Hash Browns Lettuce, Tomato & Pickles Gelatin w/Peaches Canned & Fresh Seasonal Fruit	12 Bean & Cheese Chalupas Plus a choice of 3 Mixed Vegetables Lettuce & Tomato Fresh Seedless Grapes Canned & Fresh Seasonal Fruit	13 Cheese Pizza Hot Garlic Bread Plus a choice of 3 California Vegetables Dill Pickle Hot Apple Crisp Canned & Fresh Seasonal Fruit	14 Spaghetti w/Meat Sauce Hot Garlic Bread Plus a choice of 3 Steamed Broccoli Celery w/Peanut Butter Chilled Pear Half Canned & Fresh Seasonal Fruit
Baked Potato w/ Cheese & Bread Choice of 2 Fruits or Vegetables	Ham & Cheese Muncher w/Crackers Choice of 1 Fruit or Vegetable	Yogurt Plate Choice of 3 Fruits or Vegetables	Chicken BLT Salad w/Crackers Choice of 1 Fruit or Vegetable	Ham Wrap w/Pickle Spear Choice of 2 Fruits or Vegetables
17 Chicken Tenders w/Gravy Whole Grain Roll Plus a choice of 3 Mashed Potatoes Country Style Spinach Chilled Pineapple Tidbits Canned & Fresh Seasonal Fruit	18 Hamburger on Wheat Bun Plus a choice of 3 Tater Tots Lettuce, Tomato & Pickles Fresh Orange Smiles Canned & Fresh Seasonal Fruit	19 Beef & Cheese Nachos Plus a choice of 3 Seasoned Pinto Beans Whole Kernel Corn Applesauce Gelatin Canned & Fresh Seasonal Fruit	20 Thanksgiving Feast Roast Turkey w/Dressing & Gravy Whole Grain Roll Plus a choice of 3 Mashed Potatoes Savory Green Beans Sweet Potato Pie Canned & Fresh Seasonal Fruit	21 Pizza Cheese Sticks w/ Dipping Sauce Focaccia Bread Stick Plus a choice of 3 Oriental Style Vegetables Crispy Carrots w/Dip Chilled Fruit Cocktail Canned & Fresh Seasonal Fruit
Baked Potato w/ Cheese & Roll Choice of 2 Fruits or Vegetables	Ham & Cheese Muncher w/Crackers Choice of 1 Fruit or Vegetable	Yogurt Plate Choice of 3 Fruits or Vegetables	Chicken Chef Salad w/Crackers Choice of 1 Fruit or Vegetable	Turkey Wrap w/Pickle Spear Choice of 2 Fruits or Vegetables
24 	Thanksgiving Holiday			
DECEMBER MENU AT A GLANCE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breakfast Pizza Chicken Fried Steak w/Gravy	2 Yogurt & Toast Pizza Cheese Sticks w/ Dipping Sauce	3 Waffle Sticks w/ Syrup Crispy Beef Tacos	4 Biscuit & Chicken Cheese Pizza	5 Egg & Bacon or Bean & Cheese Taco Corn Dog

Click here to see monthly nutrition newsletters published by Katie Mahoney, Nutrition Education/Wellness Coordinator

