

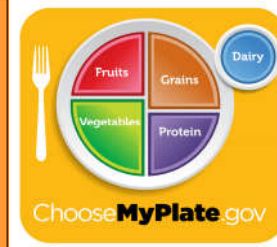










RSD-13 ELEMENTARY SCHOOLS

NOVEMBER 2017

*All meals include choice of hot or cold vegetable, assorted fresh fruit or fruit cup, whole grain bread and a choice of milk.(1% and low fat Chocolate milk.)

Fresh Fruit offered Daily



	Monday	Tuesday	Wednesday	Thursday	Friday
1st choice 2nd choice Vegetables Vegetable fruit Bread	DAILY CHEF SALADS A limited number of chef salads will be offered daily. Served w/ Dinner roll , fruit & milk 	LUNCH BUNCH OPT #1 4 oz. Dannon Yogurt OPT#2 Bagel & Cream Cheese OPT#3 Choice of WG Cereal <i>ALL served with String Cheese, Baby Carrots w/ dip, apple sauce and Choice of Milk</i>	1 LUNCH BUNCH 	2 Breakfast for Lunch WG Waffle Stixs & Strawberries Cheese Omelet Oranges Wedges, Celery Stick w/ Ranch	3 Cheese Pizza Fish Sandwich & Tots Garden Salad Celery Sticks Chilled Peaches
1st choice 2nd choice Vegetables Vegetable fruit Bread	6 Chicken Nuggets w/ Sauces Or Macaroni & Cheese Tomato Soup Caesar Side Salad Chilled Pineapple WG Dinner Roll	7 ELECTION DAY No School 	8 Baked Ziti with Meatballs Mozzarella Sticks w/ sauce Green Beans Garden Spinach Salad Apple sauce W/G Dinner roll	9 Taco Salad Chicken Ranchero Wrap Spanish Rice Sweet Corn Manderine oranges W/G Dinner roll	10 Veterans Day NO SCHOOL 
1st choice 2nd choice Vegetables Vegetable fruit Bread	13 Chicken Tenders & Dips Hamburger w/ lettuce & Tom French Fries Baby Carrots Apple Sauce	14 Honey Baked Chicken or Meatball Sub Broccoli & Egg noodles Garden Salad Chilled pears cup	15 French Toast & Sausage Egg-n-Cheese Sand. Tater Tots Chix Pea Salad , Orange JuiceW/G Dinner roll	16 Nacho Taco boat or Tangerine Chicken & Rice Black Bean Salad Mix Berry Cup W/G Dinner roll	17 Cheese Pizza Tuna Sliders & SW Tots Garden Salad Celery Sticks Chilled Peaches
1st choice 2nd choice Vegetables Vegetable fruit Bread	20 Philly Cheesesteak W/G roll Mozzarella Sticks & sauce Cosmic Creation tots Broccoli Florets w/ lemon Apple Sauce W/G Dinner roll 	21 Personnel Pan Pizza Turkey & Cheese Wrap Sweet Potato bites Chix Pea Salad Fresh Fruit W/G Dinner roll	22 LUNCH BUNCH 	23 THANKSGIVING NO SCHOOL 	24 NO SCHOOL 
1st choice 2nd choice Vegetables Vegetable fruit Bread	27 Cheeseburger Or Chicken Sandwich & tots Broccoli Florets w/ lemon Fresh fruit W/G Dinner roll	28 General Tso chicken Or Meatball Stroganoff Served over noodles Sweet Corn and Apple Sauce W/G dinner roll	29 Grilled Cheese Or Chicken Salad Wrap Served with Tomato Soup Tatet tots and fresh fruit WG Dinner Roll	30 Spaghetti & Chicken Sausage Or Mozzarella Sticks & sauce Italian Style Green Beans Or Veggie Sticks Mixed Fruit Cup, W/G Dinner Roll	