

Elementary Lunch November 2017

		<p style="text-align: center;">1</p> <p>Spaghetti w/ Meatballs & Whole Wheat Garlic Toast 33g Bean & Cheese Burrito w/ Cheese 42g Ham Chef Salad w/ Cheez-Its 9 (24g) American Wrap 29g Garden Salad 3g Celebrate Summer Salad 1g Applesauce 14g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: center;">2</p> <p>Honduran Quesadilla 44g Hamburger 30g Turkey Chef Salad w/ Cheez-Its 9(24g) Spicy Chicken Wrap 30g California Vegetable Medley 6g Green Beans 5g Confetti Brown Rice 23g Seasonal Fruit Salad 8-16g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: center;">3</p> <p>Crispy Fish Nuggets 20g Hot Dog 29g Veggie Chef Salad w/ Cheez-Its 16 (31g) Ham & Cheese Sandwich 30g Oven Baked Potato Wedges 20g Baby Carrots & Celery Sticks 4g Cowboy Bread Chilled Pears 28g Apple, Banana or Orange 12-23g Milk 12g</p>
<p style="text-align: center;">6</p> <p>Chicken Pot Pie 16g Corndog 30g Turkey Chef Salad w/ Cheez-Its 9(31g) Southwest Veggie Wrap 38g Garden Salad 3g Sweet Potato Waffle Fries 15g Pineapple 15g Whole Wheat Roll 26g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: center;">7</p> <p>Crispy Orange Chicken 24g Nacho Salad 36g Ham Chef Salad w/ Cheez-Its 9g(24g) Fruit & Cheese Plate w/ Cheez-Its 9(24g) Steamed Broccoli 7g Festive Black Beans 38g Cilantro Lime Rice 23g Seasonal Fruit Salad 8-16g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: center;">8</p> <p>Mac N Cheese 42g Crispy Chicken Sandwich 42g Turkey Chef Salad w/ Cheez-Its 9(24g) Ham & Cheese Wrap 29g Color of Italy Salad 4g Steamed Carrots 10g Mandarin Oranges 25g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: center;">9</p> <p>Crispy Chicken Drumstick 5g Cheese Enchiladas 30g Veggie Chef Salad w/ Cheez-Its 16(31g) Turkey & Cheese Sandwich 30g Green Beans 5g Mashed Potatoes 15g Whole Wheat Roll 26g Seasonal Fruit Salad 8-16g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: center;">10</p> <p>Frito Pie 38g Garlic Bread Cheese Pizza 34g Grilled Chicken Chef Salad w/Cheez-Its 9(24g) Ham & Cheese Sandwich 30g Steamed Mixed Vegetables 6g Baby Carrots & Celery Sticks 4g Seasonal Fruit Salad 8-16g Apple, Banana or Orange 12-23g Milk 12g</p>
<p style="text-align: center;">13</p> <p>Hot Dog 29g Country Steak Fingers 14g Fruit & Cheese Plate w/ Cheez-It Crackers 9(24g) Turkey Chef Salad w/ Cheez-It Crackers 9(24g) Seasoned Green Beans 5g Mashed Potatoes 15g Whole Wheat Roll 26g Seasonal Fruit Salad 8-16g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: center;">14</p> <p>Bean & Cheese Burrito 42g Crispy Fish Nuggets 20g Grilled Chicken Wrap 29g Veggie Chef Salad w/ Cheez-Its 16g (31g) Mexicali Corn 22g Sweet Potato Waffle Fries 16g Spanish Brown Rice 24g Pineapple 15g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: center;">15</p> <p>Italian Baked Pasta w/ Garlic Toast 34g(48g) Crispy Chicken Sandwich 42g Ham Chef Salad w/ Cheez-Its 9g (24g) American Wrap 30g Steamed Peas & Carrots 10g Colors of Italy Salad 4g Chilled Pears 28g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: center;">16</p> <p>Turkey & Gravy 2g Southwest Veggie Wrap 38g Green Beans 5g Mashed Potatoes 15g Whole Wheat Roll 26g Seasonal Fruit Salad 8-16g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: center;">17</p> <p>Cheeseburger 30g Chicken Nuggets 14g Veggie Chef Salad w/ Cheez-Its 16g (31g) Turkey & Cheese Wrap 30g Oven Baked Potato Wedge 16g BBQ Baked Beans 34g Seasonal Fruit Salad 8-16g Apple, Banana or Orange 12-23g Milk 12g</p>
<p style="text-align: center;">20</p> <p>Soft Beef Taco Crispy Chicken Sandwich Ham Chef Salad w/ Cheez-Its Southwest Veggie Wrap Festive Black Beans Sweet Potato Waffle Fries Pineapple Apple, Banana or Orange Milk</p>	<p style="text-align: center;">21</p> <p>Sweet & Sour Chicken 24g Cheese Nacho w/ Refried Beans 45g Ham & Cheese Sandwich 30g Turkey Chef Salad w/ Cheez-Its 9g(24g) Steamed Broccoli 7g Garden Salad 3g Cilantro Lime Rice 23g Mandarin Oranges 25g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">No School; Thanksgiving Break</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">No School; Thanksgiving Day</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">24</p> <p style="text-align: center;">No School; Thanksgiving Break</p>
<p style="text-align: center;">27</p> <p>Country Steak Fingers 14g Hot Turkey & Cheese Sandwich 30g Crispy Chicken Salad w/ Cheez-It Crackers 20g(35g) Fruit & Cheese Plate w/ Cheez-It Crackers 9(24g) Seasoned Green Beans 5g Mashed Potatoes 15g Whole Wheat Roll 26g Sliced Peaches 16g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: center;">28</p> <p>Chicken Strips w/ Waffle 56g BBQ Chicken Sandwich 42g Turkey & Cheese Sub 30g Veggie Chef Salad w/ Cheez-Its 16g (31g) Sweet Potato Waffle Fries 16g BBQ Baked Beans 34g Pineapple 15g Whole Wheat Roll 26g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: center;">29</p> <p>Spaghetti w/ Meatballs & Whole Wheat Garlic Toast 33g Bean & Cheese Burrito w/ Cheese 42g Ham Chef Salad w/ Cheez-Its 9 (24g) American Wrap 29g Garden Salad 3g Celebrate Summer Salad 1g Applesauce 14g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: center;">30</p> <p>Honduran Quesadilla 44g Hamburger 30g Turkey Chef Salad w/ Cheez-Its 9(24g) Spicy Chicken Wrap 30g California Vegetable Medley 6g Green Beans 5g Confetti Brown Rice 23g Seasonal Fruit Salad 8-16g Apple, Banana or Orange 12-23g Milk 12g</p>	

Menu is subject to change without notice

This institution is an equal opportunity provider and employer