

LUNCH PRICES

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|------------------------------|---------------|
| Paid | \$1.85 |
| Reduced | \$.40 |
| * Premium Meal | \$2.85 |
| Hot Pack (Extra Entrée) | \$1.25 |
| * Premium Entrée Only | \$2.25 |

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrient Analysis of the Week: |
|---|--|---|--|--|---|
| 2 No School In-Service Day Rake Leaves | 3 No School In-Service Day ELECTION DAY | 4 Cheese Quesadilla w/ or w/o Lettuce & Salsa Or Chicken Nuggets & Whole Wheat Roll Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Oven Fries, or X-Ray Vision Carrots Choice of Milk | 5 Meatball Hoagie on Bun Or French Toast Sticks w/ Sausage & Syrup Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Giant Green Beans Choice of Milk Treat: Warm Cinnamon Peaches | 6 Tiger Paw Pizza Or Chicken Patty on a Bun Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Garden Salad w/ Dressing Choice of Milk Treat: Tiny Twist Pretzels | Calories: 670 Total Fat: 22 % Sat Fat: 8.5 % Protein: 30 grams Calcium: 599 mg Iron: 3.64 mg Vitamin A: 2243 IU Vitamin C: 31.6 mg |
| 9 Popcorn Chicken & Whole Wheat Roll w/ or w/o assorted sauces Or Hot Dog on a Bun Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Courageous Pilgrim Corn Choice of Milk Treat: Rice Krispie Treat | 10 Crispy Chicken Wrap Or Soft Pretzel w/ Cheese & Trix Yogurt Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Big & Strong Broccoli Choice of Milk | 11 Hot Italian Hoagie Or Chicken Nuggets & Whole Wheat Roll Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Oven Fries, or Mixed Veggies Choice of Milk | 12 Waffles w/ Sausage & Syrup Or Toasted Cheese on Wheat Bread Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Giant Green Beans Choice of Milk Treat: Warm Cinnamon Peaches | 13 Tiger Paw Pizza Or Jr. Tiger Burger on a Bun w/ or w/o Cheese Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Garden Salad w/ Dressing Choice of Milk Treat: Tiny Twist Pretzels | Calories: 653 Total Fat: 24 % Sat Fat: 9 % Protein: 28 grams Calcium: 563 mg Iron: 3.73 mg Vitamin A: 2573 IU Vitamin C: 28 mg |
| 16 Italian Dunkers w/ or w/o Marinara Sauce Or Crispy Chicken Salad w/ Whole Wheat Roll Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Powerful Peas, or Oven Fries Choice of Milk | 17 Chicken Soft Taco w/ or w/o toppings Or Cheese Pizza Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Garden Salad w/ Dressing Choice of Milk | 18 Thanksgiving Feast Turkey & Stuffing w/ Gravy & Whole Wheat Roll Or Chicken Nuggets & Whole Wheat Roll Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Courageous Pilgrim Corn Choice of Milk Treat: Pumpkin Pie Bar | 19 Chicken Tenders w/ Whole Wheat Roll Or French Toast Sticks w/ Sausage & Syrup Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Giant Green Beans Choice of Milk Treat: Warm Cinnamon Peaches | 20 Tiger Paw Pizza Or Chicken Patty on a Bun Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Garden Salad w/ Dressing Choice of Milk Treat: Tiny Twist Pretzels | Calories: 702 Total Fat: 24 % Sat Fat: 9.08 % Protein: 32 grams Calcium: 618 mg Iron: 3.5 mg Vitamin A: 2248 IU Vitamin C: 33 mg |
| 23 Pizza Bagel Or Hot Dog on a Bun Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, X Ray Vision Carrots, or Oven Fries Choice of Milk | 24 Taco Salad w/ Warm Cornbread Or Soft Pretzel w/ Cheese & Trix Yogurt Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Big & Strong Broccoli Choice of Milk | 25 Cheese Steak Hoagie Or Chicken Nuggets & Whole Wheat Roll Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Mashed Potatoes w/ or w/o Gravy Choice of Milk | 26 No School Happy Thanksgiving | 27 No School Go for a Nature Walk | Calories: 702 Total Fat: 24 % Sat Fat: 9.1 % Protein: 32 grams Calcium: 618 mg Iron: 3.5 mg Vitamin A: 2248 IU |
| 30 No School Visit a Pumpkin Patch | School Lunch Includes: Choice of Entrée Choice of Fruit Choice of Vegetable Choice of Milk | Choose all 5 food groups for a well balanced meal | COMMISSIONER NUTRITION IS INVESTIGATING Pilgrim Corn | Definition of the Month: Corn Also known as maize or Indian corn. Corn is low in saturated fat, cholesterol, and sodium. Corn is rich in phosphorus, magnesium, manganese, zinc, copper, iron, and selenium. | |

Leave your LUNCH BOX At Home!

Daily Entrée Options Include:
Choice of Fruit, Vegetable & Milk:

Chef Salad
Whole Wheat Roll

Garden Salad
Whole Wheat Roll

Mozzarella Cheese Stick

Smuckers PBJ
Mozzarella Cheese Stick

Yogurt & Cheese
w/ Animal Crackers

Mozzarella Cheese Stick

Corn Nachos & Salsa
Corn Tortilla Chips
Fruit Salsa
Mozzarella Cheese Stick

Milk choices include:
1% white, chocolate, vanilla, strawberry, and skim

Assorted:
Canned fruits, fresh fruits, 100% juices, & fresh vegetables available everyday.
November choices:
Local Apples, Pears, Oranges, Applesauce, Peaches, Diced Pears, Baby Carrots, Cucumbers, Assorted Bell Peppers

Menus are subject to change