

LUNCH PRICES

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:
<p>2 No School In-Service Day</p> <p>Rake Leaves</p>	<p>3 No School In-Service Day</p>	<p>4 <u>Cheese Quesadilla</u> w/ or w/o Lettuce & Salsa Or <u>Chicken Nuggets</u> & 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</p>	<p>5 <u>Meatball Hoagie on Bun</u> Or <u>French Toast Sticks</u> 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</p>	<p>6 <u>Tiger Paw Pizza</u> Or <u>Chicken Patty</u> 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</p>	<p>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</p>
<p>9 <u>Popcorn Chicken</u> & Whole Wheat Roll w/ or w/o assorted sauces Or <u>Hot Dog on a Bun</u> Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Courageous Pilgrim Corn Choice of Milk Treat: Rice Krispie Treat</p>	<p>10 <u>Crispy Chicken Wrap</u> Or <u>Soft Pretzel w/ Cheese</u> & Trix Yogurt Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Big & Strong Broccoli Choice of Milk</p>	<p>11 <u>Hot Italian Hoagie</u> Or <u>Chicken Nuggets</u> & Whole Wheat Roll Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, Oven Fries, or Mixed Veggies Choice of Milk</p>	<p>12 <u>Waffles</u> w/ Sausage & Syrup Or <u>Toasted Cheese</u> 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</p>	<p>13 <u>Tiger Paw Pizza</u> Or <u>Jr. Tiger Burger</u> 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</p>	<p>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</p>
<p>16 <u>Italian Dunkers</u> w/ or w/o Marinara Sauce Or <u>Crispy Chicken Salad</u> 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</p>	<p>17 <u>Chicken Soft Taco</u> w/ or w/o toppings Or <u>Cheese Pizza</u> Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Garden Salad w/ Dressing Choice of Milk</p>	<p>18 <u>Thanksgiving Feast Turkey & Stuffing</u> w/ Gravy & Whole Wheat Roll Or <u>Chicken Nuggets</u> & 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</p>	<p>19 <u>Chicken Tenders</u> w/ Whole Wheat Roll Or <u>French Toast Sticks</u> 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</p>	<p>20 <u>Tiger Paw Pizza</u> Or <u>Chicken Patty</u> 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</p>	<p>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</p>
<p>23 <u>Pizza Bagel</u> Or <u>Hot Dog on a Bun</u> Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies, X Ray Vision Carrots, or Oven Fries Choice of Milk</p>	<p>24 <u>Taco Salad</u> w/ Warm Cornbread Or <u>Soft Pretzel w/ Cheese</u> & Trix Yogurt Choice of Fruit: Assorted Fruit or 100% Juice Choice of Vegetable: Assorted Veggies or Big & Strong Broccoli Choice of Milk</p>	<p>25 <u>Cheese Steak Hoagie</u> Or <u>Chicken Nuggets</u> & 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</p>	<p>26 No School Happy Thanksgiving</p>	<p>27 No School</p> <p>Go for a Nature Walk</p>	<p>Calories: 702 Total Fat: 24 % Sat Fat: 9.1 % Protein: 32 grams Calcium: 618 mg Iron: 3.5 mg Vitamin A: 2248 IU</p>
<p>30 No School</p> <p>Visit a Pumpkin Patch</p>	<p>School Lunch Includes: Choice of Entrée Choice of Fruit Choice of Vegetable Choice of Milk</p> <p>Choose all 5 food groups for a well balanced meal</p>	<p>COMMISSIONER NUTRITION IS INVESTIGATING</p> <p>Pilgrim Corn</p>	<p>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.</p>		<p>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</p>

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