



November 2011

Daily Lunch Menu:
 Choice of Entree or Vegetarian Yogurt Meal, Locally Grown
 Garden Salad Bar with Fresh Fruit Varieties & Low Fat Milk

Monday

Tuesday

Wednesday

Thursday

Friday

1
 All Natural Grilled Bean &
 Cheese Burrito
 Taco Sauce

2
 *Whole Grain Cheese or
 *Pepperoni Pizza

3
 Chicken Noodle Soup
 *with 1/2 Grilled Cheese
 Sandwich

4
 Turkey & Cheese Sandwich
 Cheez-It Scrabble

7
 Kona Coast Teriyaki
 Roasted Chicken
 Steamed White Rice

8
 *Turkey Taco Ensalada
 Taco Sauce

9
 Housemade French Bread
 Cheese Pizza

10
 *Manwich "Beefy"
 Sloppy Joe
 Potato Wedges

11
 HOLIDAY

14
 Tangy Tangerine Chicken
 Steamed White Rice

15
 *Healthy Queso Nacho Dip
 Homestyle Refried Beans

16
 Baked Chicken & Chili Filled
 Crispito
 Locally Grown Salsa

17
 Oven Roasted Chicken
 Yukon Gold Mash Potatoes
 w/ Gravy

18
 Chef's Choice

20

21

22

23
 Happy
 Thanksgiving

24

28
 Oriental Sweet & Sour
 Chicken
 *Vegetable Fried
 Brown Rice

29
 Beef Crunchy Taco
 *Mexican Rice

30
 Oven Roasted Chicken
 Yukon Gold Mash Potatoes
 w/Gravy

****Made with
 Whole Grain***

Elementary School
 Lunch Price
 (Best Value in Town)
 Lunch \$1.25

real.fresh

