




NOVEMBER 2018



1/2 Pint Milk Served With Each Meal • Menu Subject to Change • All Dressings are Fat Free • *All Menu Items are Less Than 30% Calories From Fat

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>A. Cinnamon French Toast Sticks w/ Syrup, breakfast potatoes, applesauce cup</p> <p>B. Turkey Combo Sub</p> <p>C. Vegetarian Chef Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Pizza Kit</p>	<p>2</p> <p>A. Homestyle Chicken Drumsticks & Mini Cinnamon Roll, spinach salad chilled pear halves</p> <p>B. Turkey Combo Sub</p> <p>C. Vegetarian Chef Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Pizza Kit</p>
<p>5</p> <p>A. Pasta w/ Meatballs & Marinara Sauce, Dinner Roll, Spring Mix Salad</p> <p>B. Turkey, Ham & Cheese & Sandwich</p> <p>C. Vegetarian Chef Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Pizza Kit</p>	<p>6</p> 	<p>7</p> <p>A. French Bread Cheese Pizza, fresh vegetable sticks, chilled peaches</p> <p>B. Turkey, Ham & Cheese & Sandwich</p> <p>C. Vegetarian Chef Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Pizza Kit</p>	<p>8</p> <p>A. Mini Pancakes & Turkey Sausag Links, orange veggie smoothie, apple slices</p> <p>B. Turkey, Ham & Cheese & Sandwich</p> <p>C. Vegetarian Chef Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Pizza Kit</p>	<p>9</p> <p>A. Chicken Taco on Baked Tortilla Chips, with salsa, cheese & lettuce, black beans salad, seasonal fruit</p> <p>B. Turkey, Ham & Cheese & Sandwich</p> <p>C. Vegetarian Chef Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Pizza Kit</p>
<p>12</p> <p>A. Macaroni & Cheese w/ Chicken Tenders, celery sticks, applesauce cup</p> <p>B. Turkey Sandwich</p> <p>C. Vegetarian Chef Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Pizza Kit</p>	<p>13</p> <p>A. Beef or Bean Taco Bowl & Baked Tortilla Chips, w/ salsa, cheese & lettuce, refried beans, quartered oranges</p> <p>B. Turkey Sandwich</p> <p>C. Vegetarian Chef Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Pizza Kit</p>	<p>14</p> <p>A. Personal Cheese Pizza, spring salad mix chilled peach slices</p> <p>B. Turkey Sandwich</p> <p>C. Vegetarian Chef Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Pizza Kit</p>	<p>15</p> <p>THANKSGIVING MEAL</p> <p>A. Turkey Dinner, w/ Mashed Potatoes</p> <p>B. Turkey Sandwich</p> <p>C. Vegetarian Chef Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Pizza Kit</p>	<p>16</p> <p>A. Breaded Chicken Fillet Sandwich, green peas, seasonal fruit</p> <p>B. Turkey Sandwich</p> <p>C. Vegetarian Chef Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Pizza Kit</p>
<p>19</p> <p>A. Mac & Cheese w/ Chicken Tenders Spinach Salad, Granny Smith Apple</p> <p>B. Italian Turkey & Cheese Combo Sub</p> <p>C. Vegetarian Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Flatbread Lunch Kit</p>	<p>20</p> <p>A. Beef Taco Salad Shredded Cheese, Lettuce, Salsa, Refried Beans, Applesauce Cup</p> <p>B. Italian Turkey & Cheese Combo Sub</p> <p>C. Vegetarian Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Flatbread Lunch Kit</p>			
<p>26</p> <p>A. Pasta w/ Meatballs & Marinara Sauce, Dinner Roll, Spring Mix Salad</p> <p>B. Turkey, Ham & Cheese & Sandwich</p> <p>C. Vegetarian Chef Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Pizza Kit</p>	<p>27</p> <p>A. BBQ Chicken Drumstick, & Cornbread, Garlicky Green Beans, Dried Cranberries</p> <p>B. Turkey, Ham & Cheese & Sandwich</p> <p>C. Vegetarian Chef Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Pizza Kit</p>	<p>28</p> <p>A. French Bread Cheese Pizza, fresh vegetable sticks, chilled peaches</p> <p>B. Turkey, Ham & Cheese & Sandwich</p> <p>C. Vegetarian Chef Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Pizza Kit</p>	<p>29</p> <p>A. Mini Pancakes & Turkey Sausag Links, orange veggie smoothie, apple slices</p> <p>B. Turkey, Ham & Cheese & Sandwich</p> <p>C. Vegetarian Chef Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Pizza Kit</p>	<p>30</p> <p>A. Chicken Taco on Baked Tortilla Chips, with salsa, cheese & lettuce, black beans salad, seasonal fruit</p> <p>B. Turkey, Ham & Cheese & Sandwich</p> <p>C. Vegetarian Chef Salad, mozzarella string cheese stick, WG crackers</p> <p>D. Pizza Kit</p>

School District #97 - School Breakfast Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Mini Bagels Filled w/ Cinnamon Cream Cheese Fresh Fruit	Pancake & Sausage Breakfast Bites Chilled Fruit	Blueberry Muffin Fresh Fruit
	6	8	9	10
	Breakfast Kit	Blueberry Muffin Fresh Fruit	Egg & Cheese Breakfast Biscuit Chilled Fruit	Strawberry Yogurt w/ Gran- ola Fresh Fruit
	7			
13	14	15	16	17
Breakfast Kit	Steel Cut Oatmeal Turkey Sausage, Dried Cranberries	Mini Bagels Filled w/ Strawberry Cream Cheese Fresh Fruit	Egg & Bacon Breakfast Pizza Chilled Fruit	Blueberry Muffin Fresh Fruit
20	21	22	23	24
Breakfast Kit	Blueberry Waffle Chilled Fruit			
27	28	29	30	
Breakfast Kit	Mini Pancakes w/ Syrup Chilled Fruit	Mini Bagels Filled w/ Straw- berry Cream Cheese Fresh Fruit	Cinnamon-Swirl French Toast Chilled Fruit	