



# November 2017

## St. Bernard & Elmwood Elementary K-6 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Salisbury Steak WG Roll Mashed Potato/Gravy Steamed Carrots Mandarin Oranges Low Fat Milk	<b>2</b> Marzetti WG Breadstick Tossed Salad with FF Ranch Dressing Cherry Tomatoes Diced Peaches Low Fat Milk	<b>3</b> Chicken Strips WG Roll WG Goldfish Crackers Garlic Broccoli Cauliflower Orange Smiles Low Fat Milk
<b>6</b> Chicken Fajitas WG Soft Shell/Meat/Cheese Refried Beans Peas Diced Pears Low Fat Milk	<b>7</b> Gilardi Breadsticks w/Marinara Sauce Green Beans Mixed Vegetables Pineapple Tidbits Low Fat Milk	<b>8</b> WG Grilled Cheese Steamed Carrots Celery Sticks Mandarin Oranges Low Fat Milk	<b>9</b> Mini Corndogs Seasoned Mashed Potatoes Spinach Sidekick Low Fat Milk	<b>10</b> <b>Veterans Day Holiday No School</b>
<b>13</b> Cheese Coney on WG Bun Baked Tater Tots Mixed Vegetables Diced Pears Low Fat Milk	<b>14</b> Cheese Pizza Steamed Carrots Green Beans Pineapple Tidbits Low Fat Milk	<b>15</b> Hamburger/WG Bun Sliced Pickles <b>**Pinto Beans</b> Steamed Corn Mandarin Oranges Low Fat Milk	<b>16</b> Spaghetti/Meatsauce WG Breadstick Tossed Salad with FF Ranch Dressing Cherry Tomatoes Diced Peaches Low Fat Milk	<b>17</b> Chicken Giggles WG Roll Garlic Broccoli Smile Potatoes Apple Low Fat Milk
<b>20</b> Sloppy Joe/WG Bun Baked Beans Cole Slaw Diced Pears Low Fat Milk	<b>21</b> French Toast with Syrup Cup <b>**Sausage Patty</b> Tater Tots Steamed Carrots Orange Juice Low Fat Milk	<b>22</b> <b>No School</b>	<b>23</b> <b>Thanksgiving Day No School</b>	<b>24</b> <b>No School</b>
<b>27</b> Hamburger/WG Bun Sweet Potato Fries Sliced Pickles Steamed Corn Diced Pears Low Fat Milk	<b>28</b> Cheese Round Pizza Green Beans Mixed Vegetables Pineapple Tidbits Low Fat Milk	<b>29</b> Mini Corndogs Baked Beans Celery Sticks Chocolate Pudding Mandarin Oranges Low Fat Milk	<b>30</b> Walking Taco WG Chips/Meat/Cheese Tossed Salad with FF Ranch Dressing Steamed Carrots Diced Peaches Low Fat Milk	

### WELCOME BACK!

Lunch \$2.45  
Reduced Price .40¢  
Extra Milk .45¢

Assorted low fat milk available daily with lunch

Type A Lunch must choose at least 3 of 5 options (one of which has to be a fruit or vegetable): Entree', Bread/Grain, Fruit, Vegetable, Variety of Milk

### SAVE TIME IN THE MORNING

Deposit money in your child's account for breakfast and lunch

Monday - WG PB&J Uncrustable/  
Goldfish Graham  
Tuesday - Turkey Hot Dog on WG Bun  
Wednesday - Chicken Pattie on WG Bun  
Thursday - \*Pork BBQ Rib Pattie on WG Bun  
Friday - Chef Salad w/WG Roll

WG = Whole Grain  
or  
Whole Grain Rich

**\*\*Denotes Pork Product**

\*\*MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD ITEMS\*\*

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.