

# November

## Lunch is only \$2.60

Lunch includes the following healthy choices:

Veggies (steamed & fresh)\*

Fresh Veggies include: Carrots/Celery Sticks,  
Broccoli/Cauliflower Florets, Cucumbers

Fruits (fresh & canned)\*

Whole Grain Breads & Rice,  
Milk (low fat or fat free)

\* **Unlimited quantities, Enjoy!**



## Available Daily – Grab-N-Go!

Chef or Garden Salad w/Roll and Chilled Fruit **OR**  
Fresh Fruit, Yogurt, Cheese Stick,  
Graham Crackers, and 4oz. Apple juice.

*Type of salad depends on availability.  
Contact Cafeteria Manager for details.*

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Hot Dog/Chili Dog Cheeseburger</b> <i>Oven Potatoes • Mixed Vegetables Tossed Salad • Crisp Veggies Fresh Fruit • Peaches</i>	<b>2</b> <b>Crispy Chicken on Roll Meatball Sub</b> <i>Pasta w/Butter • Carrots Tossed Salad • Crisp Veggies Fresh Fruit • Pears</i>	<b>3</b> <b>Taco w/Soft or Hard Shell BBQ Pork Sub</b> <i>Seasoned Rice • Green Beans Tossed Salad • Crisp Veggies Fresh Fruit • Mandarin Oranges</i>	<b>4</b> <i>“Tasting of the Rainbow”</i> <b>Pizza Turkey Bacon Melt</b> <i>Corn • Tossed Salad • Crisp Veggies Fresh Fruit • Baked Apples</i>
<b>7</b> <b>Chicken Nuggets Burrito</b> <i>Vegetarian Beans • Tossed Salad Crisp Veggies • Fresh Fruit Baked Pears</i>	<b>8</b> <b>Hot Dog/Chili Dog Mini Burgers</b> <i>Green Beans • Tossed Salad Crisp Veggies • Fresh Fruit Applesauce</i>	<b>9</b> <i>Two Hour Early Dismissal</i> <b>Crispy Chicken on Roll Pancakes w/Sausage Links</b> <i>Broccoli • Tossed Salad Crisp Veggies • Fresh Fruit Peaches</i>	<b>10</b> <b>Taco w/Soft or Hard Shell Pork Dippers</b> <i>Seasoned Rice • Corn Tossed Salad • Crisp Veggies Fresh Fruit • Mixed Fruit</i>	<b>11</b> <b>Pizza Fish Nuggets</b> <i>Kale • Tossed Salad • Crisp Veggies Fresh Fruit • Pears</i>
<b>14</b> <b>Chicken Nuggets Ham Melt Sub</b> <i>Peas • Tossed Salad • Crisp Veggies Fresh Fruit • Fruit Cocktail</i>	<b>15</b> <b>Popcorn Chicken Hot Dog/Chili Dog</b> <i>Vegetarian Beans • Tossed Salad Crisp Veggies • Fresh Fruit Mandarin Oranges</i>	<b>16</b> <b>Crispy Chicken on Roll Ravioli</b> <i>Mixed Vegetables • Tossed Salad Crisp Veggies • Fresh Fruit Pineapple</i>	<b>17</b> <b>Turkey w/Gravy Fiesta Pizza</b> <i>Mashed Potatoes • California Blend Tossed Salad • Crisp Veggies Fresh Fruit • Baked Apples</i>	<b>18</b> <b>Pizza Cold Cut Sub</b> <i>Carrots • Tossed Salad Crisp Veggies • Fresh Fruit Applesauce</i>
<b>21</b>  <b>Schools Closed</b>	<b>22</b>  <b>Schools Closed</b>	<b>23</b>  <b>Schools Closed</b>	<b>24</b>  <b>Schools Closed</b>	<b>25</b>  <b>Schools Closed</b>
<b>28</b> <b>Chicken Nuggets Hawaiian Pizza</b> <i>Corn • Green Beans Mandarin Oranges • Pineapple</i>	<b>29</b> <b>Stuffed Crust Pizza-Cheese or Veggie Pork Dippers</b> <i>Seasoned Rice • Carrots • Peas Applesauce • Baked Pears</i>	<b>30</b> <b>Crispy Chicken on Roll Spaghetti w/Meat Balls</b> <i>California Blend • Kale Peaches • Fruit Cocktail</i>	<b>The Perfect Job</b> Work only a few hours each day— No weekends, evenings, or holidays. Call 410-222-5900 <i>An equal opportunity employer</i>	

## Breakfast – \$1.35

Bagel, English Muffin, Biscuit, Wheat Bread w/ Jelly, Cheerios, Kix, Wheaties, Honey Kix, Golden Grahams, Muffin, Honey Bun, Pancakes, Ultimate Breakfast Round, Waffle, Graham Crackers, Mini Loaf, Sun Morning Mix Ups, Cheese Stick, Orange Juice, Apple Juice, Fruit, Low Fat & Fat Free Milk



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**Snappy Says** There are three (3) ways to safely thaw a turkey – in the refrigerator, in cold water, or in the microwave oven. If you plan to thaw your turkey in cold water or in the microwave oven, plan to cook immediately.

