



NOVEMBER 2018: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
JUMPSTART MONDAY	BURGER	CHICKEN	NEW YORK THURSDAY	PIZZA
	 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD		New York Thursday 1 Bite Size Beef Tacos Served with Baked! Tostitos® Scoops® Salsa Cup Broccoli Trees New York Cookie Treat New York Apple Slices	2 Pizza Bagel Garlic Knot Hot Black Bean Salad
5	Election Day 6	7	New York Thursday 8	9
Mozzarella Sticks Marinara Sauce Slow Roasted Carrots Frito-Lay® SunChips®	100% Beef Hamburgers & Cheeseburgers French Fries	Popcorn Chicken Served With Mac-n-Cheese Broccoli Trees	Chicken Dumplings Egg Roll with Duck Sauce New York Cookie Treat Fresh New York Apples	Pizza Bagel Garlic Knot Roasted Chickpeas with Spinach Cilantro Pesto Ranch Carrot Snacker
Veterans Day 12	13	14	New York Thursday 15	16
Veggie Tacos A Blend of Veggies & Mexicali Beans Served with Baked! Tostitos® Scoops® Salsa Cup Sweet Plantains	100% Beef New York Hamburgers & Cheeseburgers Sweet Potato Waffle Fries	Crispy Chicken Waffle Sandwich Home Fries Creamed Spinach	Jamaican Beef Patty Roasted Zucchini New York Cookie Treat New York Apple Slices	Pizza Bagel Garlic Knot Hot Marinated Bean Salad
19	20	21	Thanksgiving Day 22	Thanksgiving Break 23
Grilled Cheese Garlicky Green Beans Crunchy Carrots	100% Beef Hamburgers & Cheeseburgers French Fries	Popcorn Chicken Garlic Toast Sweet Potato Waffle Fries	Bite Size Beef Tacos Served with Baked! Tostitos® Scoops® Salsa Cup Broccoli Trees New York Cookie Treat New York Apple Slices	Pizza Bagel Garlic Knot Hot Black Bean Salad
26	27	28	New York Thursday 29	30
Mozzarella Sticks Marinara Sauce Slow Roasted Carrots Frito-Lay® SunChips®	100% Beef New York Hamburgers & Cheeseburgers French Fries	Popcorn Chicken Served With Mac-n-Cheese Broccoli Trees	Chicken Dumplings Egg Roll with Duck Sauce New York Cookie Treat Fresh New York Apples	Pizza Bagel Garlic Knot Roasted Chickpeas with Spinach Cilantro Pesto Ranch Carrot Snacker

OFFERED DAILY

Entree Alternatives

- PB&J Sandwich
- Cheese Sandwich
- Plain Turkey Sandwich
- Hummus Grab & Go

Milk

- 1% Low-fat
- Fat Free
- Fat Free Chocolate

Fresh Fruit

No Artificial flavors, colors, or sweeteners in all SchoolFood Products

Dressings

- Chipotle Ranch
- Balsamic Vinaigrette
- Ranch
- Asian Sesame
- Honey Mustard
- Caesar
- French
- Italian Vinaigrette

Flavor Station

- Granulated Garlic
- Red Pepper Flakes
- Parmesan Cheese

- #### Dipping Sauce Cups
- BBQ, Ranch,
 - Honey Mustard, Hot Sauce
 - Ketchup, Mayonnaise

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ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK



MENUS ARE SUBJECT TO CHANGE
SCHOOLFOOD MENUS ARE PORK FREE