



November 2019 Lunch Menu

The **FOOD FOR THOUGHT PROGRAM's** meals include the salad bar, milk, fresh fruit.

Lunch: Elementary \$3.25 Middle & High School \$3.50 Reduced Price: \$.40
Breakfast: Elementary \$1.75 Middle & High School \$2.00 Reduced Price: **FREE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ATTENTION: Free and Reduced Price Meal Applications from last year HAVE EXPIRED. Students without a <u>current</u> Free and Reduced Form on file are now paying FULL PRICE.</p>		<p>Stay current on Lunch Accounts, Grades and Attendance through <u>Family and Student Access</u></p>	<p>Start your day off right with BREAKFAST! *If you qualify for reduced-price lunch, breakfast is FREE</p>	<p>1 Turkey Bacon Pesto Wrap GF Modified</p>
<p>4 <u>Chef's Pasta</u> Penne Pasta Parmesan with Italian Sausage</p>	<p>5 Beef and Bean Enchilada with Sweet Corn Saute</p>	<p>6 Chicken Pot Pie</p>	<p>7 Sweet and Sour Pork with Rice DF</p>	<p>8 Smoked Sausage Jambalaya GF/DF</p>
<p>11 NO SCHOOL</p>	<p>12 <u>Chef's Pasta</u> Cheese Raviolis with Housemade Marinara</p>	<p>13 Jerk Chicken with Pineapple Salsa and Rice GF/DF</p>	<p>14 White Bean, Sausage and Kale Soup with Rustic Bread Roll DF GF Modified</p>	<p>15 Meatloaf and Mashed Potatoes</p>
<p>18 <u>Chef's Pasta</u> Hoisin Noodles with Chicken</p>	<p>19 Honey Mustard Chicken with Rice GF/DF</p>	<p>20 Italian Sub Sandwich</p>	<p>21 Broccoli Cheddar Soup with Fresh Baked Roll GF Modified</p>	<p>22 Hot Dog Day with Fixin's and Chips DF GF Modified</p>
<p>25 <u>Chef's Pasta</u> Chicken Parmesan Pasta Bake</p>	<p>26 Asian BBQ Pork Sandwich with Sesame Ginger Slaw DF</p>	<p>27 HALF DAY</p>	<p>28 NO SCHOOL</p>	<p>29 NO SCHOOL</p>

Disclaimer: In our effort to provide tasty, fresh and healthful meals, we may make changes to the menu at **Chef Andy's** discretion.

Per State Auditor:
NO MEAL CHARGING ALLOWED
Please keep current on your student's lunch account

ALLERGY ALERT!
Please submit a Medical Form to the School Nurse

GLUTEN & DAIRY LABELS
DF = dairy free
GF = gluten free
modified = df or gf if a meal's component is not consumed

CARB COUNTS PROVIDED BY THE SCHOOL NURSE AVAILABLE ON THE FOOD SERVICE WEBSITE

This institution is an equal opportunity provider.