

Whiteford Elementary November 2016 Lunch Menu

Regional Manager: Doug Diebert

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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily Offered Daily

*Vegetables may include:

Broccoli Florets
Carrots
Leafy Green Salads
Legume Salads
Celery & Cucumber

*May choose two 1/2 cup servings cup servings

Fresh Produce from Local Farms based on crop availability

*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce

*May choose 1/2 cup serving



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Lunch Prices:
Paid \$2.50
Reduced \$.40
Milk \$.50

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
|  | 1 Chicken & Cheese Quesadilla Refried Beans Fresh Orange Slices Choice of Milk | 2 Mini Corn Puppies Sweet Green Peas Diced Peaches Choice of Milk | 3 Cheeseburger Mac Steamed Broccoli Mandarin Oranges Choice of Milk | 4 Bosco Sticks w/ Marinara Carrot Sticks Prickly Pears Choice of Milk |
| 7 Baked Pasta & Garlic Bread Green Beans Chilled Applesauce Choice of Milk | 8 Walking Taco Pintos & Cheese Mexican Rice Fresh Apple Choice of Milk | 9 Wellness Wednesday Carnival Corn Dog Sweet Potato Waffle Fries Mixed Fruit Choice of Milk | 10 NO LUNCH Join Us for Breakfast Half-Day | 11 NO LUNCH Join Us for Breakfast Half-Day |
| 14 Hot Dog on Bun Baked Beans Pineapple Tidbits Choice of Milk | 15 Homestyle Chicken Tenders w/ Fresh Roll Potato Wedges Diced Peaches Choice of Milk | 16 Cherry Blossom Chicken over Fried Rice! Steamed Broccoli Fresh Orange Smiles Choice of Milk | 17 HOLIDAY MEAL Turkey & Noodles w/ Roll Mashed Potatoes Buttery Corn Choice of Milk *Special Dessert | 18 Pizza Friday! Homemade Cheese Pizza Fresh Carrot Sticks Mandarin Oranges Choice of Milk |
| 21 Chicken Sticks w/ Roll Mashed Potatoes&Gravy Fresh Orange Choice of Milk | 22 Crazy Straw Day Beef Soft Taco Pintos & Cheese Mexican Rice Mixed Fruit Choice of Milk | 23 HALF DAY NO LUNCH Join us for Breakfast | 24 Thanksgiving Day No School  | 25 Black Friday No School  |
| 28 Meatball Hoagie w/ Cheese Honey Glazed Carrots Cinnamon Applesauce Choice of Milk | 29 Beef Nachos w/ Cheese Corn Nibblers Black Beans Diced Pears Choice of Milk | 30 Chicken Alfredo Pasta w/ Garlic Bread Sweet Peas Fresh Orange Slices Choice of Milk |  Whole Grains Available Daily |  |
| Mon. Second Option: Mini Corn Dogs Cocoa Cherry Bar \$1 | Tues. Second Option: Hamburger/Cheeseburger Chips \$.75 | Wed. Second Option: Chicken Nuggets w/ Roll Fruit Snack \$.50 | Thurs. Second Option: Chicken Patty on Bun Chips \$.75 | Fri. Second Option: Ham & Cheese Wrap Rice Krispie \$1 |