## C A F E

## Grades K-5 November 2018 - Menus

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J.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	All of the Grain/Bread items served are Whole Grain Rich.  Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat  ★: For a reimbursable meal, pick at least 3 ★'s. One ★ must be a fruit or vegetable  S: Items with an (S) can be saved for later V: Vegetarian items  **Farm Fresh Fruits: Apple, Orange, Banana  Daily Options: Yogurt & Granola, Deli Cheese Sandwich, Toasted Cheese Sandwich, Vegan Burrito			11-1  ** Turkey Burger  ** California Chicken Wrap  * Waffle Fries  * Celery Sticks  * Fruit Cup  * Got Milk	11-2  ** Tangerine Chicken & Fried Rice  ** Yellow Submarine Sandwich or  ** Classic Tuna Sandwich  * Broccoli Buds  * Petite Baby Carrots - \$  * Frozen Juice Cup  * Got Milk
	11-5  ** Whole Grain Deep Dish Cheese Pizza -V  ** Toasted Cheese Sandwich -V  * Sweet Corn  * Petite Baby Carrots - S  * Fruit - S  * Got Milk	11-6  * Oven Fried Chicken Drumstick  ** Deli Turkey & Cheese Sandwich  * Artisan Roll - \$  * Roasted Potato Wedges  * Petite Baby Carrots - \$  * Frozen Juice Cup  * Got Milk	11-7  ** Philly Cheese Steak Sandwich  ** Chicken Caesar and Cheesy Bread  * Fiesta Pinto Beans  * Petite Baby Carrots - \$  * Fruit - \$  * Got Milk	11-8  ** Salisbury Steak with Gravy  ** Pastrami & Cheese Croissant  * Artisan Roll - \$  * Creamy Mashed Potatoes  * Asian Cucumber Salad  * Fruit Cup  * Got Milk	11-9  ** Turkey Burger  ** Yellow Submarine Sandwich or  ** Classic Tuna Sandwich  * Fresh Garden Salad  * Petite Baby Carrots - \$  * Frozen Juice Cup  * Got Milk
	VETERANS DAY HOLIDAY	11-13  ** All Star Turkey Hot Dog  ** Toasted Cheese Sandwich  * Mini Potato Tots  * Fresh Garden Salad  *Frozen Juice Cup  * Got Milk	11-14  ** Teriyaki Beef Dipper Rice Bowl  ** Chicken Caesar and Cheesy Bread  * Broccoli Buds  * Petite Baby Carrots - \$  * Fruit - \$  * Got Milk	11-15  ** Sliced Turkey and Gravy with Stuffing  * Southern Buttermilk Biscuit - S  ** California Chicken Wrap  * Creamy Mashed Potatoes  * Fresh Garden Salad  * Fruit Cup  * Got Milk	11-16  ** Manager's Choice  ** Yellow Submarine Sandwich or  ** Classic Tuna Sandwich  * Waffle Fries  * Petite Baby Carrots - \$  * Frozen Juice Slush  * Got Milk
-	11-19  ** Bean & Cheese Bowl -V  * Crunchy Tortilla Chips - S  ** Toasted Cheese Sandwich -V  * Fresh Garden Salad  * Petite Baby Carrots - S  * Fruit - S  * Got Milk	11-20  * Chicken Tenders  * Corn Muffin  ** Deli Turkey & Cheese Sandwich  * Roasted Potato Wedges  * Cucumber Coins  * Frozen Juice Cup  * Got Milk	11-21  ** Turkey Burger  ** Chicken Caesar and Cheesy Bread  * Sweet Corn  * Petite Baby Carrots - S  * Fruit - S  * Got Milk		VING DAY DAY
	11-26  ** Bean & Cheese Pupusa Curtido Slaw -V  ** Toasted Cheese Sandwich -V  ** Crinkle Cut Potatoes  ** Petite Baby Carrots - S  ** Fruit - S  ** Got Milk	11-27  ** Whole Grain Rich Pepperoni Pizza  ** Deli Turkey & Cheese Sandwich  * Sweet Corn  * Fresh Garden Salad  *Frozen Juice Cup  * Got Milk	11-28  ** Zesty Beef Chalupa  ** Chicken Caesar and Cheesy Bread  * Fiesta Pinto Beans  * Petite Baby Carrots - \$  * Fruit - \$  * Got Milk	** Turkey Burger  ** Pastrami & Cheese Croissant  * Waffle Fries  * Celery Sticks  * Fruit Cup  * Got Milk	11-30  ** Tangerine Chicken & Fried Rice  ** Yellow Submarine Sandwich or  ** Classic Tuna Sandwich  * Broccoli Buds  * Petite Baby Carrots - \$  *Frozen Juice Cup  * Got Milk
	MENUIC ARE CURIFET TO CHANCE				

MENUS ARE SUBJECT TO CHANGE

Posted 10/22/18

For more information call (213) 241-6422