



# EBE & Wire Village Lunch Menu: November 2018



All students will be offered the items listed below and will have the choice to choose at least 3 of the items listed; 1 choice must be 1 full serving of a fruit, vegetable or a combination of both. A student may opt to choose all menu items listed, but on a "choice of" day, students will be limited to one main entrée item. Menus are subject to change without notice due to item availability.

\*All meals meet the nutrition standards set forth by the Healthy, Hunger-Free Kids Act of 2010. Free/Reduced lunch applications may be submitted at any time throughout the school year.

\*Food allergies must be documented with the school nurse and the Food Service Director – please contact Food Service Director if student needs menu accommodations.

**Available Daily:** PB&J or Sunbutter/Jelly and alternative entrée for weekly/daily selections.




Student Lunch: \$3.00

Additional Entrée: \$2.00

Milk Only: \$.60

Adult Lunch: \$4.00

All meals come with either fresh or chilled fruit, carrot sticks or other fresh vegetables, and choice of 8oz milk (Skim white, 1% white, fat free flavored milk).

Alternate Menu Week #	Monday	Tuesday	Wednesday	Thursday	Friday
#3	Remember to Pre-Pay for meals, by visiting <a href="http://MySchoolBucks.com">MySchoolBucks.com</a>		<b>Harvest of the Month</b> 	1. Chicken & Cheese Rollups Gallo Pinto (Rice n' Beans) Fiesta Corn Salsa	2. <b>Homemade Pizza!</b> Cheese, Pepperoni, Chef's Choice Roasted Chickpeas Carrot and Celery Sticks w/ dip
#1	5. Meatball Grinder Sandwich Roasted Potato Wedges Italian Green Beans	6. Chicken Nugget Combo: Nuggets and Mozzarella Sticks Assorted Dipping Sauces Broccoli Polonaise	7. Nachos with Taco Beef and Nacho Cheese Sauce Mexican Black Beans Seasoned Corn	8. Chicken Patty Sandwich Lettuce & Tomato Toppings Scrumptious Sweet Potato Fries Side Caesar Salad	9. <b>½ Day of School</b> Bagged Lunches Available for Purchase <b>Choice of:</b> PB&J or Bologna Sandwich <i>Served with fruit, vegetables, 8oz water and a snack</i>
#2	12. <b>No School Today</b> 	13. Sloppy Joe Sandwich Homemade Baked Beans Coleslaw Cape Cod Chips	14. <b>Breakfast for Lunch!</b> Mini Pancakes w/ syrup Sausage Links Crispy Tater Tots Baked Sweet Potatoes & Apple	15. <b>Thanksgiving Dinner!</b> Roasted Turkey with Gravy Creamy Mashed Potatoes Seasoned Green Beans Warm Dinner Roll Pumpkin Cookies	16. <b>Homemade Pizza!</b> Cheese, Pepperoni or Chef's Choice Honey Glazed Carrots Fresh Broccoli Salad
#3	19. Chicken Nugget Combo: Nuggets and Mozzarella Sticks Assorted Dipping Sauces Chef's Choice Vegetable	20. Grilled Cheese Sandwich and Tomato Soup Crackers *Crunchy Kale Salad*	21. <b>½ Day of School</b> <b>NO BAGGED LUNCHES</b> ONLY BREAKFAST TODAY	22. <b>Happy Thanksgiving!</b> 	23. <b>No School Today</b>
#1	26. Mashed Potato Bowl (w/ corn and gravy) Seasoned Green Peas Honey Wheat Dinner Roll	27. Fish n' Chips Homemade Mac n' Cheese Garlic Lemon Broccoli	28. Spaghetti w/ Marinara Sauce (Meat or meatless) Italian Green Beans Warm Garlic Breadstick	29. Chicken and Cheese Quesadilla Mexican Black Beans Chipotle Corn	30. <b>Homemade Pizza!</b> Cheese, Pepperoni, or *Cheesy White Pizza with Kale* Moroccan Carrot Salad