



# K-8 Lunch Smart Menu November 2017



	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Bananas			November 1 Breaded Chicken Sandwich* with Lettuce & Tomato Marinated Three-Bean Salad Corn Fruit	November 2 Turkey Ham & Cheese Panini* Sweet Potato Waffle Fries Fruit	November 3 <b>NO SCHOOL</b>
Spotlight Fruit of the Week: Fresh Pears	November 6 Oven-“Fried” Chicken Drumstick* & Breadstick* Kettle-Baked Beans Fruit	November 7 Meatball Sub* with Marinara & Mozzarella California Blend Veggies Fruit	November 8 Bosco Stick* with Marinara Dipping Sauce Green Beans Fruit	November 9 <b>NO SCHOOL</b>	November 10 <b>NO SCHOOL</b>
Spotlight Fruit of the Week: Grapes	November 13 Orange Chicken Brown Rice* Sliced Carrots Animal Crackers* Fruit	November 14 All-Beef Hot Dog on a Bun* Oven-Baked Spiral-Cut French Fries Fruit	November 15 Rotini* with Homemade Meat Sauce Broccoli Florets Fruit 	November 16 Sliced Turkey with Mashed Potatoes, Gravy, Cranberry Sauce & Honey Corn Biscuit* Green Beans Fruit	November 17 Bean & Cheese Burrito & Salsa Black Beans California Blend Veggies Pears
Spotlight Fruit of the Week: Bananas	November 20 All-American Cheeseburger on a Bun* with Lettuce & Tomato Parsley Redskin Potatoes Cookie*	November 21 Build-Your-Own Crunchy Beef Tacos* & Salsa Brown Rice* Refried Beans Corn Fruit	November 22 <b>NO SCHOOL</b>	November 23  <b>Happy Thanksgiving</b>	November 24
Spotlight Fruit of the Week: Fresh Pears	November 27 Chicken Parmesan Sandwich on a Bun* California Blend Veggies Fruit	November 28 Chicken Nuggets* with BBQ Dipping Sauce & Twisted Garlic Breadstick* Baby Carrots Fruit	November 29 Beef Sloppy Joe on a Bun* Oven-Baked Spiral-Cut French Fries Fruit	November 30 Chicken Corndog* Kettle-Baked Beans Fruit	

## Why Physical Activity is Cool

Developing sound health habits when you are young pays off by keeping you looking and feeling good. One of the best things you can do for yourself is to move. Most health professionals say kids and teens should get at least 60 minutes of physical activity each day. Keep it moving with activities like playing sports, dancing, taking the stairs instead of the elevator, and walking your dog.

## Celebrate France with Ceres on November 3!

**Served Each Day: Salad / Fresh Fruit / Sunbutter & Jelly Sandwich\* with Yogurt / Skim and 1% White Milk Plus Fat-Free Chocolate Milk**

\*=Item contains whole grains / L=Locally sourced

Milk served with lunch contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items / This institution is an equal opportunity employer