

# Lakeside Elementary

## November Lunch Menu

**FOOD SERVICE DIRECTOR**

Ryne Spaulding

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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

\*Vegetables may include:

Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber

\*Fruits may include:

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

\*May choose two 1/2 cup servings

\*May choose one 1/2

### Offered Daily

PB&J

Yogurt Parfait

Buffalo Chicken Wrap

### Milk Choices Offered Daily

Fat Free Chocolate,  
Fat Free White  
Low Fat White

**MENUS SUBJECT TO CHANGE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
1	<b>Mini Corn Dogs</b> Steamed Broccoli Mandarin Oranges Low Fat Milk	2 <b>Meatball Hoagie</b> Shredded Cheese Steamed Carrots Peaches Low Fat Milk	3 <b>Chicken and Gravy</b> Over a Biscuit Mashed Potatoes Apple Crisp Low Fat Milk	4 <b>Breaded Pork Patty</b> Butter Noodles Baked Beans Pears Low Fat Milk	5 <b>Cheese Pizza</b> Steamed Peas Mix Fruit Low Fat Milk	<b>Monday</b> Chicken Caesar Salad Dinner Roll <b>OR</b> Ham and Cheese Hoagie
8	<b>Chicken Tenders</b> Slice Of Bread Steamed Carrots Peaches Low Fat Milk	9 <b>Italian Dunkers</b> Dipping Sauce Steamed Green Beans Mandarin Oranges Low Fat Milk	10 <b>Breaded Chicken Parm Sandwich</b> Steamed Broccoli Applesauce Low Fat Milk	11 <b>PARENT TEACHER CONFERENCES</b>	12 <b>Grilled Cheese</b> Tomato Soup French Fries Mix Fruit Low Fat Milk	
15	<b>Chicken Smackers</b> Slice Of Bread Steamed Peas Peaches Low Fat Milk	16 <b>Brunch For Lunch Buttermilk Pancakes</b> Scrambled Eggs Potato Rounds Cinnamon Apple Slices Low Fat Milk	17 <b>THANKGIVING DINNER</b> Roasted Tukey Gravy Dinner Roll Mashed Potatoes Apple Crisp Low Fat Milk	18 <b>Pierogies</b> Slice Of Bread Steamed Carrots Applesauce Low Fat Milk	19 <b>Homemade Pizza</b> Steamed Broccoli Mixed Fruit Low Fat Milk	<b>Wednesday</b> Chicken Caesar Salad Dinner Roll <b>OR</b> Turkey and Cheese Hoagie
22	<b>Chicken Nuggets</b> Slice Of Bread French Fries Pineapple Tidbit Low Fat Milk	23 <b>Homemade Pizza</b> Steamed Broccoli Applesauce Low Fat Milk	24 <b>Brunch For Lunch French Toast Sticks</b> Scrambled Eggs Potato Rounds Cinnamon Apple Slices Low Fat Milk	25 <b>HAPPY THANKSGIVING!</b>	26 <b>No School</b>	<b>Thursday</b> Chef Salad Dinner Roll <b>OR</b> Ham and Cheese Hoagie
29	<b>NO SCHOOL</b>	30 <b>Pulled Pork BBQ</b> Baked Beans Mixed Fruit Low Fat Milk				<b>Friday</b> Chicken Caesar Salad Dinner Roll <b>OR</b> Italian Hoagie

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