



# LUNCH

# NOVEMBER 2018 Pre-K – 8<sup>th</sup> Child & Nutrition Program

# COLD LUNCH MENU

Monday

Tuesday

Wednesday  
[Enter School Here]

Thursday

Friday



**5**  
Cheese Sandwich on a Bun  
Mayo/Mustard  
Carrots, ½ cup  
Assorted Fruit, ½ cup  
Milk

**6**  
Bagel with  
String Cheese Stick and  
Peanut Butter  
Green Pepper Sticks,  
Fresh Fruit, ½ cup  
Choice of Milk

**7**  
Chicken Fajita Salad  
Green Lettuce & Dressing  
a Dinner Roll  
Chick Pea Salad, ½ cup  
Assorted Fruit, ½ cup  
Milk

**1**  
Turkey Ham and  
Cheese Wrap  
Black Bean Salad, ½ cup  
Pretzel Rod  
Fresh Fruit, ½ cup  
Choice of Milk

**2**  
Hummus with Pita  
Carrots, ½ cup  
Fruit Cup, ½ cup  
Milk



**12**  
**19**  
Jelly Sandwich with  
a Cheese Stick  
Celery Sticks, ½ cup  
Tomato Salad, ½ cup  
Assorted Fruit, ½ cup  
Milk

**13**  
Sun Butter with  
Graham Crackers  
Carrot Sticks, ½ cup  
Corn Salad, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**14**  
Tuna Sandwich on Bread  
Marinated Green Beans  
Tomato Salad, ½ cup  
Assorted Fruit, ½ cup  
Milk

**8**  
Nut Butter and  
Jelly Sandwich  
Celery Sticks, ½ cup  
Red Pepper Strips, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**9**  
Turkey Ham Sandwich  
Cucumber Coins, ½ cup  
Corn Salad, ½ cup  
Fruit Cup, ½ cup  
Milk

**15**  
Sun Butter  
and Jelly Sandwich  
Zucchini Sticks, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**16**  
Green Salad  
Cheese and Turkey  
Dressing & a Roll  
Broccoli, ½ cup  
Fruit Cup, ½ cup  
Milk

**26**  
Bagel with  
String Cheese Stick and  
Peanut Butter  
Cucumber Coins, ½ cup  
Assorted Fruit, ½ cup  
Milk

**20**  
Turkey Bologna  
and Cheese Sandwich  
Mayo/Mustard  
Red Kidney Bean Salad, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**21**  
Popcorn Chicken Salad  
Dressing and  
a Dinner Roll  
Corn Salad, ½ cup  
Assorted Fruit, ½ cup  
Milk



**27**  
Chicken Fajita Salad  
Green Lettuce & Dressing  
Dinner Roll  
Chick Pea Salad, ½ cup  
Assorted Fruit, ½ cup  
Milk

**28**  
Sun Butter  
and Jelly Sandwich  
Carrot Sticks, ½ cup  
Fresh Broccoli, ½ cup  
Assorted Fruit, ½ cup  
Milk

**29**  
Turkey Ham and  
Cheese Wrap  
Black Bean Salad, ½ cup  
Pretzel Rod  
Fresh Fruit, ½ cup  
Choice of Milk

**30**  
Hummus with Pita  
.75 oz Goldfish Crackers  
Carrot Sticks, ½ cup  
Fruit Cup, ½ cup  
Milk

ALL GRAIN PRODUCTS ARE WHOLE GRAIN AND MEET THE GRAIN OUNCE EQUIVALENCY  
ALL FOOD ITEMS MEET USDA CACFP AND CNP: NSLP/SBP REQUIREMENTS.

Pre-K – 8 Grades: 1% and Fat Free White Milk Offered Daily  
K – 8 Grades: Fat Free Chocolate Milk also offered Tues and Thurs

Assorted Fruit = Canned Fruit  
Fruit Cup = 4 oz. frozen fruit  
Fresh Fruit = Whole fresh fruit

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This institution is an equal opportunity provider.

**Available Daily**

*Peanut Butter or Sun Butter & Jelly Sandwiches*  
*American Cheese Sandwiches (Mayo/Mustard)*  
**A side salad (1/2 cup) of leafy dark green vegetable is offered daily.**  
**½ cup Fresh Fruit options will be offered daily**  
**Select a fruit AND/OR vegetable with your sandwich.**