Cafeteria Menu Nov. – Dec. 2018

**\*\*\*All items must be served with protein, dairy, whole grain, veggies & fruit\*\***

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| Mon | Tues | Wed | Thurs | Fri |
| 5  No Cafeteria | 6  Tomato Soup & Grilled Cheese, veggie & fruit | 7  Barbeque chicken, baked potatoes, veggies | 8  Pizza Day | 9  **No School** |
| 12  **No School** | 13  Tomato Soup & Grilled Cheese | 14  **Free Salad Bar** | Beef Tacos & 15  potato wedges or  Chicken Caesar Salad | 16  Pizza & Salad |
| 19  No Cafeteria | 20  Chili or Corn Chowder & Grilled cheese or chicken salad sandwich | 21  Lasagna & Salad | 22  Pizza & Salad | 23  **No School**  Parent Teacher |
| 26  No Cafeteria | 27  Rice, meatballs, veggie stir fry | 28  Spaghetti & Garlic Bread, Salad Bar & fruit | 29  Roast Beef & Potatoes, veggies | 30  Pizza & Salad |
| 3  No Cafeteria | 4  Fajita Bowls & Salad | 5  Chicken (mushroom sauce optional), potatoes & veggies | 6  Hamburgers & Potato Wedges | 7  Pizza & Salad |
| 10  No Cafeteria | 11  Tomato Soup & Grilled Cheese | 12  Christmas Dinner | 13  Turkey Soup & Grilled Cheese | 14  Pizza & Salad |
| 17  No Cafeteria | 18  Shepherds pie & Salad | 19  Breakfast – French toast, ham, eggs,, homefries & beans | 20 | 21  Pizza & Salad |

**Our cafeteria is open Tuesday to Friday most weeks and will be closed on Tuesday when Monday is a holiday.**

**Meals:**  **$4.00 K-5 Milk $0.50**

**$4.25 6-12 Popcorn $1.00**

**Pizza Days – Slice only & fruit $2.75 Muffin, loaf bread, granola bar $0.50**

**Example: Pizza (grain, veggie, dairy, protein) must now be served with fruit to have all 5 components so is $2.75 a slice or meal for $4.00 K-5 or $4.25 gr. 6-12**

**Example:** Grilled Cheese (grain, dairy/protein) so must be served with veggie & fruit for $2.75