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