



November 2018 9-12 LunchSmart Menu

ACERO CHARTER SCHOOLS

	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Grapes				November 1 No Classes	November 2 No Classes
Spotlight Fruit of the Week: Bananas	November 5 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Florets Rice Krispies Treat* Peaches	November 6 Chicken Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Mixed Fruit	November 7 Chicken Corn Dog* Corn Kettle-Baked Beans Pineapple	November 8 KC BBQ Beef Sandwich* Homemade Cole Slaw Oven-Baked Potato Wedges Snickerdoodle Cookie* Applesauce 	November 9 Lasagna Roll-Up* & Garlic Bread* Capri Blend Veggies Honey Oat Goldfish Cracker* Pears
Spotlight Fruit of the Week: Fresh Pears	November 12 Oven-"Fried" Chicken Drumstick* & Breadstick* Kettle-Baked Beans Corn Snickerdoodle Cookie* Peaches	November 13 Meatball Sub* with Marinara & Mozzarella California Blend Veggies Pretzels* Mixed Fruit	November 14 Bosco Stick* with Marinara Dipping Sauce Green Beans Pineapple	November 15 Sliced Turkey with Mashed Potatoes, Gravy & Cranberry Sauce Green Beans Mini Cornbread Loaf* Snickerdoodle Cookie* Applesauce <i>Special Lunch</i>	November 16 Teriyaki Chicken Brown Rice* Sliced Carrots Honey Oat Goldfish Cracker* Pears
Spotlight Fruit of the Week: Grapes	November 19 Popcorn Chicken Bowl with Mashed Potatoes & Corn* & Honey Wheat Dinner Roll* Rice Krispies Treat* Peaches	November 20 All-Beef Hot Dog on a Bun* Oven-Baked Spiral-Cut French Fries M&M Cookie* Mixed Fruit	November 21 No Classes	November 22  <i>Happy Thanksgiving!</i>	November 23
Spotlight Fruit of the Week: Bananas	November 26 BBQ Chicken Breast Sandwich* Parsley Redskin Potatoes Snickerdoodle Cookie* Peaches	November 27 Chicken & Penne Pasta* with Homemade Alfredo Sauce & Garlic Bread* Capri Blend Veggies Mixed Fruit	November 28 Chicken Caesar Wrap* Black Beans Broccoli Florets Pineapple	November 29 Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Brown Rice* Baby Carrots Applesauce	November 30 Toasted Cheese Sandwich* with Tomato Soup & Cheddar Goldfish Crackers* California Blend Veggies Pears



Available Each Day: Salad, Fresh Fruit, Sunbutter & Jelly Sandwich* with Yogurt Cup, Milk (1% & Skim White Plus Fat-Free Chocolate)

Additional Fresh Entrées Offered Daily

Monday – All-American Cheeseburger on a Bun*

Tuesday – Chicken Nuggets* with Twisted Breadstick* & BBQ Dipping Sauce

Wednesday – Super Nachos* & Salsa*

Thursday – Breaded Chicken Sandwich*

Friday – Pizza* (pepperoni French bread, cheese personal pan, and Big Daddy's cheesy pizza rotate each week)

*=Item contains whole grains / ^=Item contains pork / 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

Eating the Rainbow

Scientists say you should eat a plateful of color every day. Consuming a variety of colorful fruits and vegetables helps you stay healthy. An easy way to achieve this goal is to put fruits and vegetables into five color groups: red, orange / yellow, green, blue / purple, and white / brown / tan. Each color category makes a unique contribution to maintaining health and lowering the risk of developing chronic diseases.



In November, we roll into **Kansas City** as we continue our **Culinary Explorations** journey. Even though Kansas City is not directly on Route 66, it is close enough that we can stop for a taste of the city's world famous barbecue. Did you know that UNESCO named Kansas City as a "Creative City of Music," partly because of its jazz heritage? It is the only city in the United States with that designation.



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