


November Menu 2018

Hearst & Walnut Grove Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Egg Rolls Vegetarian Tortilla Soup* Salsa Cup & Chips <i>Get Healthy Salad Bar</i>	2 
5 Mini Corn Dogs Tater Tots Grilled Cheese Sandwich* <i>Get Healthy Salad Bar</i>	6  Cheese*, Vegetarian* Pepperoni, Hawaiian <i>Get Healthy Salad Bar</i>	7 Orange Chicken with Rice Baked Potato & Fixings <i>Get Healthy Salad Bar</i>	8 Meatloaf & Mashed Potatoes Cheese Enchilada* & Salsa Cup <i>Get Healthy Salad Bar</i>	9 Popcorn Chicken & Potatoes Wedges Cheese Lasagna* <i>Get Healthy Salad Bar</i>
12 	13  Cheese*, Vegetarian* Pepperoni, Hawaiian <i>Get Healthy Salad Bar</i>	14 Beef or Turkey Hot Dog & Baked Beans Cheese Raviolis* <i>Get Healthy Salad Bar</i>	15 <i>Celebration</i> Turkey Shaped Nuggets & Tater Tots Mac & Cheese* <i>Get Healthy Salad Bar</i>	16 
19 	20 	21 	22 	23 
26 Beef Pin Wheel & Marinara Cheese Tamales* & Salsa Cup <i>Get Healthy Salad Bar</i>	27  Cheese*, Vegetarian* Pepperoni, Hawaiian <i>Get Healthy Salad Bar</i>	28 Turkey Taco Nada Cheese Bread Sticks* with Marinara Cup <i>Get Healthy Salad Bar</i>	29 Pepperoni Pockets & Corn Bean & Cheese Burritos* with Salsa Cup <i>Get Healthy Salad Bar</i>	30 Chicken Tacos & Mexican Beans Nacho Bites & Salsa Cup* <i>Get Healthy Salad Bar</i>

Ala-carte items for sale: Water \$0.50 & \$1.50, and Frozen Yogurt or Fruit Sorbet \$1.00

Enjoy a Healthy Salad Bar

At least one item from each USDA Vegetable Subgroups will be available to students everyday!

Dark Green Vegetables (iron, vitamin C, lutein) = bok choy, broccoli, greens, green kale, parsley purple kale, romaine lettuce, spinach.

Starchy Vegetables (potassium, magnesium, allacin) = cassava, corn, jicama, lima beans, plantains, potatoes, taro, water chestnuts.

Red & Orange Vegetables (vitamin A, vitamin K, lycopenes) = carrots, red bell peppers, pumpkin, sweet potatoes, squash, tomatoes.

Legumes or Beans (fiber, zinc, flavanoids) = black beans, garbanzo beans, kidney beans, lentils, navy beans, pinto, soy beans, white beans.

Other Vegetables (vitamin A, Vitamin C, allacin) = beets, cabbage, cauliflower, celery, cucumbers, green beans, peppers, olives, radishes, zucchini.

Get Your Calcium with Milk, 1% or Non-fat White, Non-fat Chocolate, Non-fat Strawberry

Fuel up to Learn Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Muffin & Cheese Stick* Seasonal Fruit and Juice Cold Cereal & Milk	Breakfast Pizza Bagel* Seasonal Fruit and Juice Cold Cereal & Milk	Breakfast Burrito Seasonal Fruit and Juice Cold Cereal & Milk	Breakfast Croissant Seasonal Fruit and Juice Cold Cereal & Milk	Dutch Waffle* Seasonal Fruit and Juice Cold Cereal & Milk

*Other Vegetarian Options Available Daily at Lunch:

- Grilled Cheese Sandwich
- WowButter & Jelly Sandwich
- Yogurt & Granola



BREAKFAST \$2.00: Includes whole grain-rich entree, fruit or 100% juice, and milk
LUNCH \$3.75: Includes whole grain-rich entree, salad bar, fruit, and milk
 A second milk may be purchased for \$0.50 or soy milk for \$1.00
 Bottled water may be purchased for \$0.50
 Lactose-Free milk available upon request

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

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