








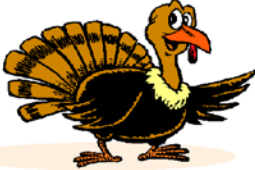






# November Menu 2018

## Lydiksen Elementary School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 	3 	1 Chicken Egg Roll & Corn Vegetarian Tortilla Soup* Chips & Salsa Cup  <i>Get Healthy Salad Bar</i>	2 
5 Mini Corn Dogs & Tater Tots Grilled Cheese Sandwich*  <i>Get Healthy Salad Bar</i>	6 Beef Chalupa & Beans Cheesy Breadsticks* & Marinara Cup  <i>Get Healthy Salad Bar</i>	7  Cheese*, Vegetarian* Pepperoni, Hawaiian  <i>Get Healthy Salad Bar</i>	8 Meatloaf & Mashed Potatoes Cheese Enchilada* & Salsa Cup  <i>Get Healthy Salad Bar</i>	9 Popcorn Chicken Potato Wedge Cheese Lasagna*  <i>Get Healthy Salad Bar</i>
12 	13 Chicken Tenders Mashed Potatoes & Roll Cheesy Pinwheel* & Marinara Cups  <i>Get Healthy Salad Bar</i>	14  Cheese*, Vegetarian* Pepperoni, Hawaiian  <i>Get Healthy Salad Bar</i>	15 <i>Celebration</i> <i>Turkey Nuggets</i> <i>&amp; Tater Tots</i> <i>Mac &amp; Cheese*</i>  <i>Get Healthy Salad Bar</i>	16 
22 	23 	24 	25 	26 
26 Beef Pinwheel Vegetarian Tamales* & Salsa Cup  <i>Get Healthy Salad Bar</i>	27 Mini Burger Sliders Mini Vegetarian Sliders* & Tater Tots  <i>Get Healthy Salad Bar</i>	28  Cheese*, Vegetarian* Pepperoni, Hawaiian  <i>Get Healthy Salad Bar</i>	29 Pepperoni Pockets Bean & Cheese Burritos & Salsa  <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 Low-fat & Sugar Yogurt & 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
Muffins & Cheese Stick* Seasonal Fruit and Juice Cold Cereal & Milk	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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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