

November 2018 K-8 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 Peaches	November 6 Chicken Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Mixed Fruit	November 7 Chicken Corn Dog* Corn on the Cob 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 Pears
Spotlight Fruit of the Week: Fresh Pears	November 12 Oven-"Fried" Chicken Drumstick* & Breadstick* Kettle-Baked Beans Corn Peaches	November 13 Meatball Sub* with Marinara & Mozzarella Green Beans Mixed Fruit	November 14 Bosco Stick* with Marinara Dipping Sauce Broccoli Florets Pineapple	November 15 Sliced Turkey with Mashed Potatoes, Gravy & Cranberry Sauce Green Beans Mini Cornbread Loaf* Applesauce <i>Special Lunch</i>	November 16 Teriyaki Chicken Brown Rice* Broccoli Florets Honey Oat Goldfish Cracker* Pears
Spotlight Fruit of the Week: Grapes	November 19 Popcorn Chicken Bowl with Mashed Potatoes & Corn* & Honey Wheat Dinner Roll* 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 	November 23
Spotlight Fruit of the Week: Bananas	November 26 BBQ Chicken Breast Sandwich* Parsley Redskin Potatoes Peaches	November 27 Chicken & Penne Pasta* with Homemade Alfredo Sauce Capri Blend Veggies Mixed Fruit	November 28 Chicken Caesar Wrap* Black Beans Pineapple	November 29 Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa 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.

