

NOVEMBER 2018

NHSD Elementary Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Did You Know...

Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

5
Cheesy Pizza Wedge
 w/wo Pepperoni
 Alt: Chicken Patty Sandwich
 Alt: Turkey & Cheese Shortie
 Honey Baked Beans
 Blue Raspberry/Lemon 100%
 Fruit Juice Sidekick Smoothie
 Assorted Milk

6
Brunch for Lunch!
Pancakes w/wo Sausage
 Alt: Bacon, Egg & Cheese
 on Whole Grain Muffin
 Alt: Ham & Cheese
 Sandwich
 Tater Tots
 Chilled Applesauce
 Assorted Milk

7
Big Daddy's Pizza
 Alt Burger w/wo Cheese
 Alt: Tuna Fish Sandwich
 Golden Corn
 Sweet Potato Bites
 Mixed Fruit Cocktail
 Assorted Milk

8
Spaghetti
 w/wo Meatballs
 Alt: Max Pizza Sticks
 w/wo Dipping Sauce
 Alt: Egg Salad Sandwich
 Garlic Bread
 Steamed Broccoli Bites
 Diced Sweet Pears
 Assorted Milk

9
No Hot Lunches Served

Bagged Lunches
 Available

12
Grilled Cheese Sandwich
 Alt: Popcorn Chicken w/wo
 Roll
 Alt: Turkey & Cheese Shortie
 Tomato Soup
 Steamy Broccoli
 American Hero 100% Juice
 Water Ice
 Assorted Milk

13
State Farm Corn Dog
 Alt: Mini Cheese
 Calzonettes
 Alt: Ham & Cheese
 Sandwich
 OB Curly Fries-Carrot
 Coins
 Chilled Applesauce Cup
 Assorted Milk

14
Beef Tacos Hard Shell
 Alt: Mozzarella & Tomato
 Panini
 Alt: Tuna Fish Sandwich
 Golden Corn
 Brown Rice
 Sliced Peaches
 Assorted Milk

15
Oven Baked Turkey
 Stuffing
 Mashed Potatoes w/wo
 Gravy
 Cranberry Sauce
 Green Beans
 Apple Pie Water Ice
 Assorted Milk

16
Chicken Nuggets
 Alt: Macaroni & Cheese
 Alt: Ham & Cheese
 Hoagie
 Corn Muffin
 Honey Baked Beans
 Mandarin Oranges
 Assorted Milk

19
No Hot Lunches Served

Bagged Lunches
 Available

20
No Hot Lunches Served

Bagged Lunches
 Available

21
No School

22
No School

23
No School

26
Chicken Tenders w/wo
 Waffles
 Alt: Pizza Wedge
 Alt: Turkey & Cheese
 Shortie
 Steamy Green Beans
 Kiwi-Strawberry Sidekick
 Smoothie
 Assorted Milk

27
Brunch for Lunch!
French Toast w/wo Sausage
 Alt: Egg & Cheese on Whole
 Grain Muffin w/wo Sausage
 Alt: Ham & Cheese Sandwich
 Tater Tots
 Sliced Peaches
 Assorted Milk

28
Beef & Cheese Nachos
 Alt: Stuffed Crust Pizza
 Alt: Tuna Fish Sandwich
 Golden Corn
 Cucumber Coins
 Sweet Pear Cup
 Assorted Milk

29
Ravioli w/wo Sauce
 Alt: Cheesy Bread Sticks
 Alt: Egg Salad Sandwich
 Steamy Broccoli
 Garlic Bread
 Pineapple Tidbits
 Assorted Milk

30
Chicken Drumsticks
 w/wo Soft Pretzel Stick
 Alt: Personal Pizza w/wo
 Pepperoni
 Alt: Ham & Cheese
 Hoagie
 Oven Baked Fries
 Honey Baked Beans
 Mandarin Oranges
 Assorted Milk

DON'T FORGET YOUR
Grab & Go BREAKFAST!
****Please remember, if**
your child receives free
or reduced lunch, they
also receive free or
reduced breakfast**

Menu is Subject to Change

Student Lunch \$2.90
 Reduced Lunch \$.40

Additional Meal Choices
 Include:
 Peanut Butter & Jelly
 Uncrustable, String Cheese
 Combo w/Goldfish Crackers
 Or
 Yogurt, Bagel, String Cheese
 Combo w/wo Toppings
 Additional Fruit & Veg.
 Choices Include:

100% Assorted Fruit Juice:
 Orange, Apple or Fruit Punch
 Baby Carrots w/wo Ranch Dip
 Side Garden Salad
 Fresh Fruit Basket w/ Apples,
 Oranges and Bananas

1% White, FF White, FF Choc.
 & FF Straw. Milk offered
 daily.

Federal Guidelines for
School Lunches:

5 Meal Components Offered:
 Meat/Meat Alternate,
 Bread/Grain, Vegetable, Fruit
 and Milk

Students must choose 3 of
 the 5. One of the 3
 chosen must be a fruit or
 vegetable for the meal to
 be considered a school
 lunch.