

November 2011 Menu



WE ARE YOUR SCHOOLS

NOVEMBER LUNCH NOTES!

Nov 18th -- 6 & 8th Grade Field Trip-No Lunch
Nov 24 & 25 -- Thanksgiving Break

You may order lunches for the week or for the month. For the month, simply write on your menu your student(s) Name and grade and send a copy with your payment. It is that easy!!!!

REMEMBER that if you qualify for free lunches, you will need to pay for a milk if you choose to pack a lunch. Your milk is only subsidized by the state if it is served with the lunch. OJ is not included in the lunches, it is 50 cents

LUNCH PRICES

Reduced Lunch	\$0.40
Milk	\$0.45
Orange Juice	\$0.50
Regular Lunch	\$2.30
Large Lunch	\$2.55
Second Lunch	\$2.80

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheesy Bread Italian Dunker Sauce Grape Tomatoes Fresh Kiwi Butterscotch Cookie Milk 687 kcal 70g CHO 30g fat	2 Macaroni & Cheese Steamed Broccoli Strawberries & Pine Peach Muffin Milk 708 kcal 116g CHO 16g fat	3 Soft Turkey Taco Salsa Spiced Apples Pineapple Cake Milk 651 kcal 90g CHO 20g fat	4 Pepperoni Pizza Pocket Peas Peaches Strawberry Waffle Grahams Milk
7 Chili Cheese Wrap Refried Beans Chilled Peaches Goldfish Grahams Milk 809 kcal 121g CHO 20g fat	8 Grilled Cheese Sandwich Cucumber Coins Blueberry Fruit Cup Dino Bites Grahams Milk 674 kcal 97g CHO 19g fat	9 Chicken Tenders Potato Smiles Fresh Orange Half Cranberry Muffin Milk 685 kcal 96g CHO 21g fat	10 Italian Spaghetti Whole Wheat Roll Garden Salad Fresh Pear Half Milk 673 kcal 97g CHO 20g fat	11 Mini Cheeseburgers Baby Carrots Rosy Applesauce Veteran's Cake Milk 857 kcal 116g CHO 31g fat
14 Hot Dog Peas Tropical Fruit Apple Muffin Milk 665 kcal 103g CHO 18g fat	15 Beef & Bean Burrito Baby Carrots Green Apple Wedges Banana Bread Milk 736 kcal 109g CHO 21g fat	16 Mozzarella Breadsticks Fresh Celery Peanut Butter Fresh Grapes Graham Crackers Milk 672 kcal 87g CHO 23g fat	17 Chicken & Rice California Veggies Chilled Apricots Chocolate Cake Milk 591 kcal 103g CHO 10g fat	18 Chicken Nuggets Sweet Potato Wedges Chilled Pears Chocolate Chip Cookie Milk 711 kcal 96g CHO 23g fat
21 ^Sausage Pizza Grape Tomatoes Fruit Cocktail Molasses Cookie Milk 676 kcal 91g CHO 23g fat	22 Cheese Omelet Whole Grain Pancakes Spiced Apples Strawberries & Pine Milk 697 kcal 129g CHO 13g fat	23 Turkey & Noodles Whipped Potatoes Cranberry Jello Pumpkin Cake Milk 653 kcal 101g CHO 16g fat	24 HOLIDAY	25 HOLIDAY
28 Chicken Fryz Baked Potato Chilled Peaches Carrot Cake Milk 705 kcal 98g CHO 23g fat	29 Mexican Cheese Sauce Breadsticks Baby Carrots Tropical Treasures White Chocolate & Cranberry Cookie Milk 811 kcal 123g CHO 25g fat	30 Turkey Pepperoni Breadsticks Cucumber Coins Applesauce Sports Grahams Milk 651 kcal 95g CHO 16g fat	<p>Menu Key: ^ Pork in products. Menus are subject to change without notice.</p> <p>The USDA and the State of Indiana are equal opportunity providers and employers.</p>	

For more information, visit our website at:
<http://foodservice.fwcs.k12.in.us/>

