





Monday		Tuesday		Wednesday		Thursday		Friday		
<u>Prices</u> Student: \$2.30 Reduced: \$.40 Adult: \$3.50  Food Contains No Pork Products		Nutritional Requirements Protein 2oz Fruit/Vegetable 3/4c ea Bread 1sl Grain 1/2c Milk 8oz		<u>Student Choice Chosen By:</u> Emma Costs 1st Grade  Menu selected from multiple entries		<b>1</b>  <b>SCHOOL CLOSED</b>		<b>2</b>  <b>SCHOOL CLOSED</b>		<b>Served Daily</b> <u>Entrée Choices</u> <b>M-</b> (T*) Ham & Cheese Sandwich <b>T-</b> Turkey & Cheese Sandwich <b>W-</b> (T*) Ham & Cheese Sandwich <b>Th-</b> Turkey & Cheese Sandwich <b>F-</b> Chicken Salad Sandwich  <u>Salad Choices</u> <b>M-</b> Oriental Chicken Salad <b>T-</b> Chef Salad <b>W-</b> Three Bean Salad <b>Th-</b> Turkey Caesar Salad <b>F-</b> Taco Salad Or Tossed Salad w/Cheese (All Salads Are served with crackers)  <u>Milk Choices</u> 2% Low Fat , 1% Low Fat Chocolate or Skim Milk  <b>A La Carte Choices</b> <u>Monday-Friday</u> Milk, Juice, Fresh Fruit \$0.40 Yogurt, Baked Lay's, Mini Pretzels, Rice Cakes, 100 Calorie Honey Graham, 100 Calorie Craisins, & Gold fish Crackers. \$0.75, Veggie of the Day \$0.75, Fruit of the Day \$0.40, Canned Fruit \$0.75 Tuesday - Ice cream \$0.75 Thursday - Cookie \$0.75  <b>All ala Carte must be paid for in cash Limit one item per child</b>
<b>5</b> Salisbury Steak Gravy Buttered Noodles Vegetables Milk 2oz 2oz 1/2c 1/2c 8oz		<b>6</b> Meatball Sub Roll Fries Fruit Milk 3oz 1ea 1/2c 1/2c 8oz		<b>7</b> Chicken Stir Fry Rice Vegetables Fruit Milk 2oz 1/2c 1/2c 1/2c 8oz		<b>8</b> <u>Student Choice</u> Cheese Ravioli Dinner Roll Vegetable Fruit Milk 2 oz 1ea 1c 1/2c 8oz		<b>9</b> <u>Vegetarian Nuggets</u> Tater Tots Fruit Milk 2oz 1/2c 1/2c 8oz		
<b>12</b> Chicken Parmesan Pasta Vegetables Fruit Milk 2oz 1c 1/2c 1/2c 8oz		<b>13</b> Breaded Pollack Chip Fries Fruit Milk 1c 2oz 1/2c 8oz		<b>14</b> Sloppy Joe Bun Vegetable Fruit Milk 2oz 1ea 1/2c 1/2c 8oz		<b>15</b> <u>International Day Chili</u> Curry Chicken in Coconut Cream Roll Vegetables Milk 2oz 1oz 1ea 1/2c 8oz		<b>16</b> Cheese Pizza Carrots w/ Dip Fruit Milk 5.6oz 1/2c 1/2c 8oz		
<b>19</b> <u>Vegetarian Macaroni &amp; Cheese</u> Stewed Tomatoes Fruit Milk 1c 1c 1/2c 8oz		<b>20</b> Cheeseburger Bun Fries Fruit Milk 2oz 1ea 1/2c 1/2c 8oz		<b>21</b> Meatloaf Dinner Roll Mashed Potatoes Fruit Milk 2oz 1ea 1/2c 1/2c 8oz		<b>22</b> <u>National Turkey Month</u> Roasted Turkey Stuffing Green Beans Fruit Milk 2oz 1oz 1/2c 1/2c 8oz		<b>23</b> Chicken Nuggets Tator Tots Fruit Milk 2oz 1/2c 1/2c 8oz		
<b>26</b> Veal Saltimbocca Dinner Roll Green Beans Fruit Milk 2oz 1oz 1/2c 1/2c 8oz		<b>27</b> Turkey Corn Dog Potato Salad Fruit Milk 2 oz 1/2c 1/2c 8oz		<b>28</b> Chicken Patty Bun Vegetable Fruit Milk 2 oz 1/2c 1/2c 8oz		<b>29</b> <u>Chef's Choice</u> Vegetable Fruit Milk 2oz 1/2c 1/2c 8oz		<b>30</b> Cheese Pizza Carrots w/ Dip Fruit Milk 5.6oz 1/2c 1/2c 8oz		



## Special News

What does it mean to be green? "Green" is more than just a color. It also means taking special steps to protect the environment — the water, the land, and the air we breathe. Why green? Plants are green, and without them the Earth wouldn't be such a lovely home for us human beings. Every day, people make choices that affect the amount of trash and pollution that gets produced in our world. What can you do?

For more information on what you can do to help the environment check out  
[http://www.greeneducationfoundation.org/index.php?option=com\\_content&view=article&id=735](http://www.greeneducationfoundation.org/index.php?option=com_content&view=article&id=735)