



2011 November

November is Good Nutrition Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>More Info... Offered Daily: Fresh fruit and vegetable bar</p> <p>Choose from our kid tested favorites menu listed on the left or we offer a slice of <u>Tony's Cheese Pizza</u> OR <u>Chicken Patty Sandwich</u></p> <p>Milk A la carte: \$.35 Student Lunch: \$2.50 Adult Lunch: \$2.80</p> <p>Lunch includes entrée, 2 sides and milk</p> <p>Our Pizzas are Tony's "SMART" pizza – 25% lower in fat with whole grain crust</p> <p>Items listed with a red * may contain Pork.</p>
	1 Chicken Nuggets Peas Mixed Fruit Milk	2 <u>Lucky Tray Day</u> Hot Dog on a Bun Fresh Veggies W/ Ranch Dressing Pears Milk	3 Pancakes w/Syrup Sausage Patties* Juice Sliced Apples Milk	4 Pepperoni Pizza* Baked Beans Peaches Milk	
7 Hamburger on a Bun Corn Applesauce Milk	8 Chicken Sticks Texas Toast Tater Starz Mandarin Oranges Milk	9 <u>Lucky Tray Day</u> Nachos with Beef & Cheese Sauce Red Beans and Rice Mixed Fruit Milk	10 French Toast Sticks Sausage Patties* Apple Slices Juice Milk	11 Veterans Day No School 	
14 BBQ Riblet on a Bun Green Beans Applesauce Teddy Grahams Milk	15 <u>Lucky Tray Day</u> Toasted Cheese Sandwich Cream of Tomato Soup Pineapple Milk	16 Scrambled Eggs Cereal Bowl Pack Potato Starz Applesauce Milk	17 Breadsticks with Meat Sauce Corn Pears Milk	18 Pepperoni Pizza* Carrots Mixed Fruit Milk	
21 Baked Mini Corn Dogs Corn Peaches Milk	22 Roast Turkey With Gravy Mashed Potatoes Green Beans Mixed Fruit Cookie Milk	23 Thanksgiving Break No School	24 No School Thanksgiving Break 	25 Thanksgiving Break No School	
28 <u>Lucky Tray Day</u> Hot Dog on a Bun Green Beans Pears Milk	29 Soft Shell Tacos Lettuce, Tomatoes, Cheese Corn Pineapple Chunks Milk	30 French Toast Sticks Sausage Patties* Apple Slices Juice Milk		<u>Lucky Tray Day</u> If you have the Lucky Dot on the bottom of your tray you win a prize.	

Elizabeth Ide Elementary School



Special News...

Eating a variety of fruits and vegetables is part of a balance diet.

Menus are subject to change without notice.