



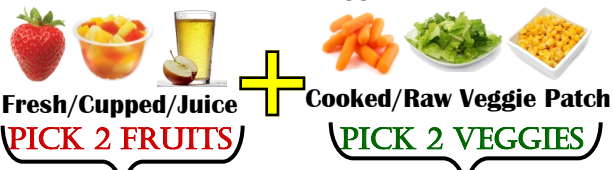
Leaf Lunch To Nutri-Serve!

We Use Whole Grain Products!

DAILY ALTERNATES:
Cereal & Yogurt (GF)
PBJ Sandwich (V)
Chicken Nuggets (V)

(V) = Vegetarian Ingredients
(GF) = Gluten-Free Ingredients

Choose 1 Entrée. (3 Daily Specials & 2 Daily Alternates)
Includes 2 Fruit & 2 Veggie Choices!



THINK BALANCE!

A Balanced Tray Includes...
Grain ~ Protein ~ Fruit ~ Vegetable ~ Milk



November
Elem. Lunch Menu
St Mary School
Williamstown

Monday—Nov 3	Tuesday—Nov 4	Wednesday—Nov 5	Thursday—Nov 6	Friday—Nov 7
Popcorn Chicken w/ Mac & Cheese Cheeseburger on a Bun Chicken Club Salad <u>Sides:</u> Poppin Peas Carrots w/ Hummus/Ranch	Buffalo Chicken w/Bread stick Turkey & Cheese Hoagie <u>Sides:</u> Criss-Cross Waffle Fries Celery w/ Hummus/Ranch	Nachos Grande (GF) w/ Corn Chips & Toppings Chicken Patty on a Bun Buffalo Chicken Salad <u>Sides:</u> Seasoned Corn Celery Sticks w/Hummus	Grown-Up Grilled Cheese Sandwich Hot Dog on a Bun <u>Sides:</u> Tomato Soup/ Crackers Baked Beans	French Bread Pizza By The Slice Trix Yogurt & Bagel Taco Salad <u>Sides:</u> Julius Caesar Salad Mixed Patch w/Hummus/Dip

Monday—Nov 10	Tuesday—Nov 11	Wednesday—Nov 12	Thursday—Nov 13	Friday—Nov 14
Mozzarella Sticks (V) w/ Pasta in Marinara Cheeseburger on a Bun Chicken Caesar Salad <u>Sides:</u> Rainbow Veggie Medley Carrots w/ Hummus/Ranch	Meatball Parmesan On a Torpedo Roll Turkey & Cheese Hoagie <u>Sides:</u> Easy Cheesy Broccoli Bake Celery w/ Hummus/Ranch	Chicken Fajita Wrap w/Salsa & Sour Cream Chicken Patty on a Bun Buffalo Chicken Salad <u>Sides:</u> Swirly Curly Fries Chilean Corn Salad	Bacon Cheese Burger w/ Fun Size Chips Hot Dog on a Bun <u>Sides:</u> Gotta Get Em Green Beans Broc Bites w/ Hummus/Ranch	Pizzeria Pizza (V) By The Slice Trix Yogurt & Bagel Chicken Salad Hoagie <u>Sides:</u> Julius Caesar Salad Mixed Patch w/Hummus/Dip

Monday—Nov 17 Nat'l Take A Hike Day	Tuesday—Nov 18 Nat'l Eat a Cranberry Day	Wednesday—Nov 19 Nat'l Eat a Cranberry Day	Thursday—Nov 20	Friday—Nov 21
Popcorn Chicken w/ Breadstick Cheeseburger on a Bun Chicken Caesar Salad <u>Sides:</u> Steamed Spinach Carrots w/ Hummus/Ranch	Chicken Cheese Steak On a Torpedo Roll Turkey & Cheese Hoagie <u>Sides:</u> Baked Fries Celery w/ Hummus/Ranch	Thanksgiving Turkey w/ Stuffing PTA Sponsored Luncheon Have A Happy Thanksgiving	Teacher Conferences No School for Students 	Parent/Teacher Conferences No School for Students

Monday—Nov 24	Tuesday—Nov 25	Wednesday—Nov 26 Pump It Up Pumpkin Day!	Thursday—Nov 27	Friday—Nov 28
Chicken Parmesan On a Torpedo Roll Cheeseburger on a Bun Chicken Caesar Salad <u>Sides:</u> Cauliflower Bunches Carrots w/ Hummus/Ranch	French Toast Sticks w/ Sausage Patty (V) Turkey & Cheese Hoagie <u>Sides:</u> Tumblin Tator Tots Celery w/ Hummus/Ranch	Personal Pizza By the Pie Chicken Patty on a Bun Buffalo Chicken Salad <u>Sides:</u> Corn—Pumpkin Twister Fresh Veggie Salad	Thanksgiving Turkey Makes You Tired? <i>It's not the turkey it's from eating too much!</i> When you eat too much too fast your body has no time to tell your mind it's full.	Post-Thanksgiving: "Of all exercises walking is the best." <i>Thomas Jefferson</i> Whether it's walking, biking, or any athletic activity, plan something active as a family to burn off some of those turkey calories!

National Take a Hike Day
is Monday, Nov 17
It is important to recognize the value of physical activity combined with nutrition for overall health. National Take a Hike Day is a great reason to get active as a family and admire the change of seasons! 1 hour of hiking burns more than 300 calories (factors include weight/intensity).

- Milk Choices
- Skim White
 - Chocolate
 - Strawberry
 - 1% White
 - Lactaid

Lunch Prices:
Regular Lunch \$2.75 ~ Extra Entrée: \$1.75
Reduced: \$0.40 ~ Milk: \$0.60
 Food Service Director: Debbie Spasari SMW@nsfm.com
 Phone: 856-629-6419 *Menu subject to change