

Middleburgh Central School District Elementary School Lunch Menu

November 2017

Meal Pricing:
Elementary School:
 Breakfast—\$1.50, Full Lunch—\$2.25
Jr. Sr. High School:
 Breakfast—\$1.50, Full Lunch—\$2.50
 Reduced Price Meals: Breakfast/Lunch—.25 cents (all schools)

All bread, pasta, rice, pizza, and taco/tortillas are whole grain.
Daily Vegetable Choices
 Fresh veggie cups w/ dip, tossed green salad, hot vegetable of the day.

*Students **MUST** choose a fruit or vegetable as part of a reimbursable meal.

<p>Monday,</p> 	<p>Tuesday,</p> <p>Halloween</p> 	<p>Wednesday, Nov 1</p> <p>Shake Bite Fish Nuggets Spicy Waffle Fries Canned Fruit or Apples Fat Free or 1% milk</p>	<p>Thursday Nov 2</p> <p>Crispy Chicken Quesadillas Chicken Tenders with Taco Seasoned Cheddar Cheese on a Quesadilla , Green Beans, Bohringers Apples Or Canned Fruit, Fat Free or 1% Milk</p>	<p>Friday, Nov 3</p> <p><u>Pizza Day</u> Stuffed Crust Pizza Mixed Green & Kale Salad Fresh or Canned Fruit Fat Free or 1% Milk</p>
<p>Monday, Nov 6</p> <p>Hot Dog or Hamburger on a WW Bun with BBQ Baked Beans Oven Baked Sweet Potato Fries, Fresh or Canned Fruit, Fat Free or 1% Milk</p>	<p>Tuesday Nov 7</p> <p><u>Hot Italian Sub</u> Thinly sliced ham and pepperoni piled on a whole grain Roll with Italian Dsg., Oven Baked French Fries Fresh or Canned Fruit, Fat Free or 1% Milk</p>	<p>Wednesday, Nov 8</p> <p><u>Homemade Pasta Day</u> Whole Wheat Past with Marinara Sauce, Cheese or Seasoned Beef, Whole Green Beans , Garlic Bread Sticks, Fresh or Canned Fruit, Fat Free or 1% Milk</p>	<p>Thursday, Nov 9</p> <p><u>Pizza Day</u> Stuffed Crust Pizza Mixed Green & Kale Salad Fresh or Canned Fruit Fat Free or 1% Milk</p>	<p>Friday, Nov 10</p> <p>Veterans Day</p> 
<p>Monday, Nov 13</p> <p>Sweet and Sour Popcorn Chicken. Seasoned Rice Corn, Dinner Roll, Canned Fruit or Apples from Bohringers. Fat Free or 1% Milk</p>	<p>Tuesday, Nov 14</p> <p>Ham & cheese Bagel with Oven Baked Sweet Potatoes Fries, Fresh or Canned Fruit, Fat Free or 1% Milk</p>	<p>Wednesday, Nov 15</p> <p><u>Thanksgiving Extravaganza</u> Oven Roasted Turkey Breast, with Homemade gravy, Homemade Bread Stuffing, Real Mashed Potatoes, Oven Roasted Butternut Squash, Dinner Roll, Cranberry Sauce Homemade Apple Crisp Fat</p>	<p>Thursday, Nov 16</p> <p>Early Dismissal/ Staff Development Day/ Parent Conference Day.</p> 	<p>Friday, Nov 17</p> <p>Early Dismissal/ Staff Development Day/ Parent Conference Day.</p> 
<p>Monday, Nov 20</p> <p>Chicken & Waffles with Spicy Maple Syrup, Apples Veggie Salad, Canned Fruit or Apples from Bohringers, Fat Free or 1% Milk</p>	<p>Tuesday, Nov 21</p> <p>Homemade Chili with a Corn Bread Muffin, Seasoned Corn, Fresh Fruit or Canned Fruit, Fat Free or 1% Milk</p>	<p>Wednesday, Nov 22</p> <p>Thanksgiving Break</p> 	<p>Thursday, Nov 23</p> <p>HAPPY THANKSGIVING</p> 	<p>Friday, Nov 24</p> 
<p>Monday, Nov 27</p> <p><u>Meatball Sub</u> on a Whole Grain Roll with Homemade Sauce & Freshly Grated Mozzarella Cheese, Oven Baked Sweet Potato Fries , Fresh or Canned Fruit Fat Free or 1% Milk</p>	<p>Tuesday, Nov 28</p> <p><u>National French Toast Day</u> Classic French Toast with Warm Maple Syrup, Oven Roasted Breakfast Sausage, Crispy Tater Tots, Cinnamon Applesauce. Fat Free or 1% Milk</p>	<p>Wednesday, Nov 29</p> <p><u>Chicken Tacos</u>— Seasoned Chicken on top of Taco Chips with lettuce, tomato, salsa, shredded cheese and sour cream. Green Beans, Fresh or canned fruit. Fat Free or 1% milk</p>	<p>Thursday, Nov 30</p> <p>Homemade Macaroni & Cheese, Seasoned Broccoli Dinner Roll, Fresh or Canned Fruit, Fat Free or 1% milk</p>	<p>Friday,</p> 

Available Daily

Yogurt and granola, mozzarella sticks and dinner roll, alternate sandwich of the day, peanut butter and jelly sandwich, baby carrots w/ dip.

Alternate Sandwich of the Day

Monday— turkey sandwich

Tuesday— buffalo chicken

Wednesday— ham & cheese

Thursday— tuna salad

Friday— chicken salad wrap

