


# M. E. SMALL ELEMENTARY NOVEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR MEATBALLS CAESAR SALAD WW GARLIC ROLL FRESH FRUIT	2 HOT DOGS OR OVEN FRIED CHICKEN OVEN FRIES CARROTS TOSSED SALAD FRESH FRUIT	3 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT <b>KALE CHIPS</b>
6 WG CHICKEN NUGGETS OR CHEESEBURGER ON A WW ROLL MASHED POTATOES STEAMED CORN FRESH FRUIT	7 TACO TRIANGLES OR CHICKEN PATTY ON A WW ROLL RICE BROCCOLI TOSSED SALAD	8 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR STUFFED SHELLS CAESAR SALAD WW GARLIC ROLL FRESH FRUIT	9 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT	10  <b>NO SCHOOL</b>  <b>VETERANS DAY</b>
13 WG CHICKEN NUGGETS OR MOZZARELLA STICKS MASHED POTATOES STEAMED CARROTS TOSSED SALAD FRESH FRUIT	14 TACO TRIANGLES OR CHICKEN PATTY ON A WW ROLL OVEN FRIES BROCCOLI WW ROLL	15 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR MAC & CHEESE CAESAR SALAD WW GARLIC ROLL FRESH FRUIT	16 ROASTED TURKEY DINNER OR POPCORN CHICKEN MASHED POTATOES BUTTERED CORN BUTTERNUT SQUASH STUFFING WW ROLLS CRANBERRY SAUCE APPLE DESSERT	17 SAL'S PIZZA CHEESE PIZZA <b>KALE &amp; SPINACH SALAD</b> CHICK PEA SALAD FRESH FRUIT
20 WG CHICKEN NUGGETS OR CHICKEN PATTY MASHED POTATOES STEAMED CORN TOSSED SALAD FRESH FRUIT	21 SAL'S PIZZA OR HOT DOG ON A WW ROLL SMILE FRIES GREEN BEANS FRESH FRUIT	22  <b>THANKSGIVING BREAK</b>	23  <b>HAPPY THANKSGIVING</b>	24  <b>THANKSGIVING BREAK</b>
27 WG CHICKEN NUGGETS OR MOZZARELLA STICKS MASHED POTATOES STEAMED CORN TOSSED SALAD FRESH FRUIT	28 TACO TRIANGLES OR HAM & CHEESE CROISSANT OVEN FRIES BROCCOLI TOSSED SALAD WW ROLL	29 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR LASAGNA CAESAR SALAD WW GARLIC ROLL FRESH FRUIT	30 OVEN FRIED CHICKEN OR HAMBURGERS ON A WW ROLL CAPE COD POTATO CHIPS BROCCOLI TOSSED SALAD FRESH FRUIT	<b>HARVEST OF THE MONTH KALE</b>

## AVAILABLE DAILY

<b>ASSORTED SANDWICHES</b> TURKEY & CHEESE HAM & CHEESE SUNBUTTER & JELLY SUNBUTTER & FLUFF	<b>ASSORTED SALADS</b> CHEF SALAD WITH HAM, CHEESE AND HARD BOILED EGG OR TOSSED SALAD WITH CHEESE STICK BOTH SERVED WITH WW PITA	LOW FAT YORURT, FRUIT AND GRANOLA PARFAITS  FRUIT SMOOTHIES  ALL LUNCHES SERVED WITH 8oz 1% OR SKIM MILKS
KETCHUP, SALSA, FAT FREE SALAD DRESSINGS	FRESH FRUIT OFFERED WITH ALL MEALS DAILY	8oz WATER BOTTLES SOLD FOR \$.50 EACH

FULL PRICED LUNCH \$3.00 FULL PRICED BREAKFAST \$1.75	REDUCED PRICED LUNCH \$.40 REDUCED PRICED BREAKFAST \$.30
<b>BREAKFAST SERVED EVERY MORNING</b>	