



2011 November

November is Good Nutrition Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	More Info... In addition to the daily menu items we also serve: <u>Hamburgers</u> <u>Cheeseburgers</u> <u>Chicken Patty Sandwiches</u> <u>Home made Pizza</u> <u>Deli Sandwiches</u> <u>Pre-made Salads</u> <u>Fruit and Vegetable Bar</u> Milk A la carte: \$.35 Student Lunch: \$2.55 Adult Lunch: \$2.85 Items listed with a red * may contain Pork.
Have a Happy Thanksgiving	1 Chicken Fajitas Tortillas Peas Mandarin Oranges Milk	2 Bacon Cheeseburger Fresh Veggies W/Ranch Dressing Pears Milk	3 French Toast Sticks Sausage Patties* Applesauce Juice Milk	4 Calzone* Green Beans Peaches Milk	
7 Hot Italian Grinder* Tater Tots Mandarin Oranges Milk	8 BBQ Riblet Sandwich Green Beans Applesauce Milk	9 Parent/Teacher Conferences No School	10 Early Dismissal No Service	11 Veterans Day No School 	
14 Toasted Cheese Sandwich Cream of Tomato Soup Pineapple Chunks Milk	15 PFA Day No Service	16 Chicken Quesadillas With Salsa Corn Applesauce Milk	17 Breadsticks with Meat Sauce Green Beans Pears Milk	18 Chili Cheese Dog Baked Beans Peaches Milk	
21 Chipotle Chicken Wrap Broccoli 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 Meatball Sub Green Beans Pears Milk	29 Soft Shell Tacos Lettuce, Tomatoes, Cheese Corn Pineapple Chunks Milk	30 Philly Cheese Steak Panini Carrots Applesauce Milk	Treat Yourself Right		

Palos South Middle School



EAT A VARIETY OF FRUITS & VEGETABLES EVERY DAY

Visit www.fruitsandveggiesmatter.gov for more information

Menus are subject to change without notice.



Palos Community Consolidated School District 118

November Menu

Menu Items with Carb. Counts

Daily served Items: **South Middle School**

Hamburger (Whole Grain Bun) - 37.8
Cheeseburger (Whole Grain Bun) - 38.8
Chicken Patty Sandwich (Whole Grain Bun) - 53.0
Home made Cheese Pizza - 47.4
Home made Pepperoni Pizza - 47.5
Deli Sandwich - 62.2
Premade Salads - 4.1
 1.5 oz. Diced Ham - 1.5
 1.0 oz. Shredded Cheddar - 0

White Bread - 12.7
Wheat Bread - 11.9
Texas Toast - 13.4
Apples - 15.4
Oranges - 15.7

1% Chocolate Milk - 26.1
1% White Milk - 13.0
Skim Milk - 13.0

Menu Items: **South Middle School**

Chicken Fajitas W/Tortillas - 27.4
Bacon Cheeseburger - 38.8
French Toast Sticks with Syrup - 75.8
Sausage Patty - 1.0
Calzone - 50.0
Hot Italian Grinder - 46.7
BBQ Riblet Sandwich - 44.6
Toasted Cheese Sandwich - 25.5
Tomato Soup - 26.1
Chicken Quesadilla - 36.4
Breadsticks with Meat Sauce - 49.5
Chili Cheese Dog - 74.7
Chipotle Chicken Wrap - 40.8
Roast Turkey with Gravy - 13.4
Meatball Sub - 37.5
Soft Shell Tacos - 30.8
Philly Cheese Steak Panini - 33.2

Starch, Vegetables, Fruit and Condiments:

Peas - 10.1
Green Beans - 3.5
Corn - 14.3
Carrots - 5.0
Baked Beans - 29.1
Oven Potatoes - 21.8
Spanish Rice - 22.5
Corn on the Cob - 29.3
Mashed Potatoes - 19.3

Fresh Carrots - 1.0
Fresh Celery - .3
Fresh Cucumbers - 2.7
Fresh Broccoli - 1.7
BBQ Sauce Pkt. - 3.0
Mayo Pkt. - .2
Ketchup Pkt. - 2.3
Salsa - 2.0

Diced Pears - 14.2
Pineapple Chunks - 14.7
Diced Peaches - 11.0
Mixed Fruit - 11.5
Applesauce - 21.5
Sliced Apples - 15.4
Ranch Dressing - 8.1
Mustard Packet - .5

Menu Items with Carb. Counts

Daily served Items: **East and West Elementary Schools**

Tony's Cheese Pizza - 35.0	White Bread - 12.7
Premade Salads - 4.1	Wheat Bread - 11.9
1.5 oz. Diced Ham - 1.5	Texas Toast - 13.4
1.0 oz. Shredded Cheddar - 0	Apples - 15.4
Chicken Patty Sandwich (Whole Grain Bun) - 53.0	
1% Chocolate Milk - 26.1	Oranges - 15.7
1% White Milk - 13.0	Skim Milk - 13.0

Menu Items: **East and West Elementary Schools**

Chicken Nuggets - 15.0
Hot Dog on a Bun - 31.1
Pancakes with Syrup - 69.7
Sausage Patty - 1.0
Tony's Pepperoni Pizza - 36.0
Hamburger (Whole Grain Bun) - 37.8
BBQ Riblet Sandwich - 44.6
Toasted Cheese Sandwich - 25.5
Chicken Noodle Soup - 22.3
Scrambled Egg - .7
Cereal Bowl Pak - Fruit Loops - 16.0, Frosted Flakes - 25.0
Breadsticks with Meat Sauce - 49.5
Mini Corn Dogs - 27.0
Roast Turkey with Gravy - 13.4
Soft Shell Tacos - 30.8
French Toast Sticks with Syrup - 75.8

Starch, Vegetables, Fruit and Condiments:

Peas - 10.1	Fresh Carrots - 1.0	Diced Pears - 14.2
Green Beans - 3.5	Fresh Celery - .3	Pineapple Chunks - 14.7
Corn - 14.3	Fresh Cucumbers - 2.7	Diced Peaches - 11.0
Carrots - 5.0	Fresh Broccoli - 1.7	Mixed Fruit - 11.5
Baked Beans - 29.1	BBQ Sauce Pkt. - 3.0	Applesauce - 21.5
Oven Potatoes - 21.8	Mayo Pkt. - .2	Sliced Apples - 15.4
Corn on the Cob - 29.3	Ketchup Pkt. - 2.3	Ranch Dressing - 8.1
Salsa - 2.0	Mustard Packet - .5	Pudding - 29.5
Mashed Potatoes - 19.3		

Carb. counts are subject to change depending on exact serving size and self serve items.