



2011 November

November is Good Nutrition Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	More Info... Offered Daily: Fresh fruit and vegetable bar 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>Chef Salad*</u> OR <u>Chicken Patty Sandwich</u> Milk A la carte: \$.35 Student Lunch: \$2.55 Adult Lunch: \$2.85 Lunch includes entrée, 2 sides and milk Our Pizzas are Tony's "SMART" pizza – 25% lower in fat with whole grain crust Items listed with a red * may contain Pork.
Treat Yourself Right	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 Applesauce Milk	4 Pepperoni Pizza* Green Beans Peaches Milk	
7 Hamburger on a Bun Corn Applesauce Milk	8 BBQ Riblet on a Bun Green Beans Applesauce Milk	9 Parent/Teacher Conferences No School	10 Early Dismissal No Service	11 Veterans Day No School 	
14 <u>Lucky Tray Day</u> Toasted Cheese Sandwich Chicken Noodle Soup Pineapple Chunks Milk	15 PFA Day No Service	16 Scrambled Eggs Cereal Bowl Pack Potato Starz Applesauce Milk	17 Breadsticks with Meat Sauce Corn Pears Teddy Grahams Milk	18 Pepperoni Pizza* Carrots Mixed Fruit Milk	
21 Baked Mini Corn Dogs Corn Mixed Fruit 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.	

Palos Elementary Schools



Menus are subject to change without notice.

Special News...

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

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	White Bread - 12.7
Cheeseburger (Whole Grain Bun) - 38.8	Wheat Bread - 11.9
Chicken Patty Sandwich (Whole Grain Bun) - 53.0	Texas Toast - 13.4
Home made Cheese Pizza - 47.4	Apples - 15.4
Home made Pepperoni Pizza - 47.5	Oranges - 15.7
Deli Sandwich - 62.2	
Premade Salads - 4.1	1% Chocolate Milk - 26.1
1.5 oz. Diced Ham - 1.5	1% White Milk - 13.0
1.0 oz. Shredded Cheddar - 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	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
Spanish Rice - 22.5	Ketchup Pkt. - 2.3	Ranch Dressing - 8.1
Corn on the Cob - 29.3	Salsa - 2.0	Mustard Packet - .5
Mashed Potatoes - 19.3		

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.