

# Crown Christian School November 2018 Elementary Lunch Menu

K-5<sup>th</sup> Grade Student Lunch \$2.30 / 6<sup>th</sup>-8<sup>th</sup> Grade Student Lunch \$2.50 / Guest and Adults' Lunch \$3.75 / Milk only 50¢

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Each meal includes: Choice of low fat milk, lettuce salad with fresh vegetables, free extra portions of the fruit and/or vegetable as menued, (excludes potatoes). Condiment choices vary daily and may include ketchup, mustard, BBQ sauce, or cocktail sauce.			1 (1)WHOLE GRAIN BEEF and CHEESE BURRITO Lettuce, Tomato, Lite Sour Cream&Salsa or (2)HAM & CHEESE DELI SANDWICH, Refried Beans and Fruit. Lettuce Salad Fresh Vegetables, Milk Choice <b>Harvest of the MonthSampling</b>	2 (1)SCHOOL MADE WHOLE GRAIN GRILLED CHEESE SANDWICH or (2)TURKEY & CHEESE DELI WRAP Dippin' Tomato Soup Green Beans, Fruit Lettuce Salad w/Fresh Vegetables, Milk Choice
5 (1)BEEFY TACO in Whole Grain Soft Shell Tortilla Beef Taco Meat ☺, Cheese, Lettuce, Tomato, Lite Sour Cream & Salsa or (2)HAM & CHEESE DELI WRAP Refried Beans Fruit, Lettuce Salad with Fresh Vegetables, Milk Choice	6 BRUNCH LUNCH - (1)WHOLE GRAIN FRENCH TOAST STICKS ☺ with Syrup & Fruit Topping, Colby Cheese Omelet or (2)TURKEY & CHEESE DELI SANDWICH, Crisp Tri Tater Potato, 100% Fruit Juice Cup, Lettuce Salad with Fresh Vegetables, Milk	7 Whole Grain STUFFED CRUST (1)CHEESE OR(2)PEPPERONI PIZZA SLICE ☺ or (3)PBJ UNCRUST-ABLE SANDWICH with STRING CHEESE STICK Steamed Broccoli Fruit, Lettuce Salad with Fresh Vegetables Milk Choice	8 (1)CHICKEN IN GRAVY over CREAMY MASHED POTATOES with a Whole Grain Tea Roll or (2)HAM&CHEESE DELI SANDWICH, Green Beans, Fruit, Lettuce Salad with Fresh Vegetables, Whole Grain Chocolate Chip Cookie Milk Choice	9 (1)BREADED SHRIMP POPPERS ☺ Tartar and Cocktail Dipping Sauce or (2)TURKEY & CHEESE DELI WRAP, Steamed Carrots Fruit, Yogurt with Granola Lettuce Salad with Fresh Vegetables Milk Choice
12 (1)ALL BEEF HOT DOG ☺ on Whole Grain BUN or (2)HAM & CHEESE DELI WRAP, Baked Beans Fresh Broccoli with Dip Fruit, Lettuce Salad with Fresh Vegetables Milk Choice	13 (1)CRISP CHICKEN NUGGETS ☺, Whole Grain Soft Pretzel with, Dipping Lite Cheese Sauce or (2)TURKEY & CHEESE DELI SANDWICH Mixed Vegetables, Fruit Lettuce Salad with Fresh Vegetables, Milk Choice	14 (1)Whole Grain CREAMY MACARONI & CHEESE ☺ or (2)PBJ UNCRUSTABLE SANDWICH with STRING CHEESE STICK, Peas Fruit, Lettuce Salad with Fresh Vegetables, Jello with Whip Topping, Milk Choice	15 (1)ROTISSERIE CHICKEN DRUMSTICK with WHOLE GRAIN TEA ROLL or (2)HAM & CHEESE DELI SANDWICH Seasoned Mashed Potatoes Steamed Carrots, Fruit, Lettuce Salad w/ Fresh Vege-tables, Elf Graham Crackers, Milk Choice	16 (1)WHOLE GRAIN MOZZARELLA CHEESE STICKS ☺ with Pizza Dipping Sauce or (2)TURKEY & CHEESE DELI WRAP California Blend Vegetables Fruit. Lettuce Salad with Fresh Vegetables, Milk Choice
19 (1)Whole Grain STATE FAIR STYLE MINI CORN DOGS ☺ or (2)HAM & CHEESE DELI WRAP, Crispy Tater Tots Steamed Carrots Fruit Lettuce Salad with Fresh Vegetables, Milk Choice	20 (1)TACO 'N BAG Reduced Fat Whole Grain Doritos, Beef Taco Meat ☺ Shredded Cheese, Lettuce, Tomato, Salsa&Lite Sour Cream or (2)TURKEY & CHEESE DELI SANDWICH Refried Beans, Fruit, Lettuce Salad w/Fresh Vegetables, Milk	21 22 23 <h2 style="text-align: center;">NO SCHOOL - THANKSGIVING BREAK</h2> 		
26 <b>Please bring a cold lunch.</b>  <b>No Hot Lunch Service</b>	27 BRUNCH LUNCH (1)WHOLE GRAIN PANCAKES, Syrup & Fruit Topping, BAKED HAM SLICE or (2)TURKEY & CHEESE DELI SANDWICH. Crisp Tri Tater Potato, 100% Fruit Juice Cup. Lettuce Salad with Fresh Vegetables, Milk	28 (1)HAMBURGER or (2)CHEESE-BURGER ☺ Lettuce, Tomato & Pickle Slice on Whole Grain BUN or (3)PBJ UNCRUSTABLE SANDW. with STRING CHEESE STICK, Oven Baked Crinkle Cut Fries, Baked Beans. Fruit, Lettuce Salad, Milk	29 (1)ITALIAN SPAGHETTI & BEEF MEATBALLS on Whole Grain Spaghetti NOODLES ☺ or (2)HAM & CHEESE DELI SANDWICH, Green Beans Fruit, Lettuce Salad with Fresh Vegetables, Whole Grain Teddy Grahams, Milk Choice	30 (1)CRISPY FISH NUGGETS ☺ Tartar and Cocktail Dipping Sauce or (2)TURKEY & CHEESE DELI WRAP Broccoli with Cheese Sauce Fruit, Lettuce Salad with Fresh Vegetables, Whole Grain M&M Cookie, Milk Choice

☺ = USDA Child Nutrition Label, (USDA Certified product meets Child Nutrition meal pattern requirements for lean protein &/or whole grain rich grains). Program benefits and services are available to all children without regard to race, religion, color, sex, handicap, age or national origin. Free and reduced meal applications are available throughout the year in all schools or on the website at [www.isd15.org](http://www.isd15.org). \*\*Detailed nutritional analysis is available at [www.isd15.org](http://www.isd15.org) This Institution is an equal opportunity provider.