Welcome to our Lunch Cafe at... Center ES

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 - Classic Cheese Pizza *whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese* Or Pepperoni Pizza Steamed Broccoli And Fresh Banana 2 - Yogurt Lunch *a protein packed lunch with yogurt, cheese and a grain component*
4 SCHOOL CLOSED TODAY	5 **Traditional Mac & Cheese available too - a new recipe!**	6 - Buffalo Chicken Mac & Cheese Cucumber Coins Applesauce 2 - Simply Boxed Belgium Waffle Bites *freshly prepared meal with creamy yogurt, Belgium waffle bites, sunflower protein and fruit*	7 - Seared Dumplings *stuffed dumplings perfect for dipping in your favorite Asian sauce* Sweet & Sour Sauce Green Beans Diced Peaches 2 - Simply Boxed Belgium Waffle Bites	8 - French Bread Pizza *crispy french bread smothered with tomato sauce and melted cheese* Fresh Apple Broccoli Bites 2 - Simply Boxed Belgium Waffle Bites *freshly prepared meal with creamy yogurt, Belgium waffle bites, sunflower protein and fruit*
11 - Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce* With Spaghetti Sauce Cinnamon & Honey Roasted Beans Diced Pear Cup 2 - Yogurt Lunch *a protein packed lunch with yogurt, cheese and a grain*	12 - Chicken Tikka Masala *grilled chicken in a tikka masala sauce* Or Baked Chicken Tenders With Brown Rice Steamed Broccoli Fresh Orange 2 - Simply Boxed Not-A-Nut-Butter Fuel Pack *freshly prepare meal with nut-free spread, crispy pita chips, cheese and fruit*	13 - Whole Grain French Toast Crispy Turkey Sausage Links Hash Brown Potatoes Fresh Grapes 2 - Simply Boxed Not-A-Nut-Butter Fuel Pack *freshly prepare meal with nut-free spread, crispy pita chips, cheese and fruit*	14 - Nachos Grande *tortilla chips topped with freshly prepared mexi style meat and cheese sauce* Cherry Tomatoes Fresh Pear 2 - Simply Boxed Not-A-Nut-Butter Fuel Pack *freshly prepare meal with nut-free spread, crispy pita chips, cheese and fruit*	15 - Classic Cheese Pizza *whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese* Or Pepperoni Pizza Green Pepper Slices Cinnamon Apple Slices 2 - Yogurt Lunch *a protein packed lunch with yogurt, cheese and a grain component*
18 - Cheese Quesadilla *freshly grilled flour tortilla with melted cheese* Broccoli Bites Fresh Apple 2 - Yogurt Lunch *a protein packed lunch with yogurt, cheese and a grain component*	19 - Cherry Apple Smoothie *a blend of vanilla yogurt with apples and cherry juice* Cucumber Coins Fresh Pear 2 - Simply Boxed Yogurt Power Pack *freshly made meal with yogurt, diced cheese, granola and dried fruit*	20 - Chicken Nuggets Oven Baked Fries Fresh Grapes 2 - Simply Boxed Yogurt Power Pack *freshly made meal with yogurt, diced cheese, granola and dried fruit*	21 - Whole Grain Waffles with Sausage *light and crispy waffles served with a sausage patty* Fresh Baby Carrots Pear and Pineapple Cup 2 - Simply Boxed Yogurt Power Pack *freshly made meal with yogurt, diced cheese, granola and dried fruit*	22 - French Bread Pizza *crispy french bread smothered with tomato sauce and melted cheese* Chickpea Salad *chickpeas tossed in light italian dressing and garnished with parsley* Fresh Banana 2 - Yogurt Lunch *a protein packed lunch with yogurt, cheese and a grain*
25 - Grilled Cheese Sandwich *golden toasted bread with melted gooey cheese pressed and prepared in-house* Tomato Soup 2 - Yogurt Lunch Blueberry Cobbler IT'S STUDENT APPRECIATION DAY	26 - Cheeseburger *burger topped with cheese on a freshly toasted bun* Fresh Orange Fresh Baby Carrots 2 - Yogurt Lunch *a protein packed lunch with yogurt, cheese and a grain component*	27 - Classic Cheese Pizza *whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese* Or Pepperoni Pizza Mixed Vegetables Applesauce 2 - Yogurt Lunch *a protein packed lunch with yogurt, cheese and a grain component*	28 **Please note - sandwiches and salads are NOT offered on Early Dismissal days**	29

HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.

MEATLESS MONDAY

WHITSONS School Nutrition

Lucky Tray Day!

We are Simply Rooted® in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are moving towards phasing out processed foods and instead, offering mor all natural, organic or non-GMO options.

Lunch Prices
Lunch Meal Price- $2.75
Reduced Meal Price-$0.40
Adult Meal Price- $4.25
Milk- $0.60

All lunches include fresh and cupped fruit and vegetable selections, also a choice of milk (low fat plain, fat free plain or fat free flavored)

Alternate Meals Available Daily

3 - Turkey & Cheese Sandwich - served on whole wheat bread

4 - Chicken Caesar Salad - romaine lettuce, chicken cheese and croutons served with a whole grain roll and choice of dressing on the side

Choice of a Healthy Harvest bar offered daily

VEGETARIAN · MADE WITH NATURAL INGREDIENTS · P PORK · MADE WITH ORGANIC INGREDIENTS

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.

Welcome to our Lunch Cafe at... Crystal Lake

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 1 - Classic Cheese Pizza *whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese* Or Pepperoni Pizza Steamed Broccoli And Fresh Banana 2 - Yogurt Lunch *a protein packed lunch with yogurt, cheese and a grain component*
4 SCHOOL CLOSED TODAY	5 **Traditional Mac & Cheese available too - a new recipe!**	6 1 - Buffalo Chicken Mac & Cheese Cucumber Coins Applesauce 2 - Simply Boxed Belgium Waffle Bites *freshly prepared meal with creamy yogurt, Belgium waffle bites, sunflower protein and fruit*	7 1 - Seared Dumplings *stuffed dumplings perfect for dipping in your favorite Asian sauce* Sweet & Sour Sauce Green Beans Diced Peaches 2 - Simply Boxed Belgium Waffle Bites	8 1 - French Bread Pizza *crispy french bread smothered with tomato sauce and melted cheese* Fresh Apple Broccoli Bites 2 - Simply Boxed Belgium Waffle Bites *freshly prepared meal with creamy yogurt, Belgium waffle bites, sunflower protein and fruit*
11 1 - Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce* With Spaghetti Sauce Cinnamon & Honey Roasted Beans Diced Pear Cup 2 - Yogurt Lunch *a protein packed lunch with yogurt, cheese and a grain*	12 1 - Chicken Tikka Masala *grilled chicken in a tikka masala sauce* Or Baked Chicken Tenders With Brown Rice Steamed Broccoli Fresh Orange 2 - Simply Boxed Not-A-Nut-Butter Fuel Pack *freshly prepare meal with nut-free spread, crispy pita chips, cheese and fruit*	13 1 - Whole Grain French Toast Crispy Turkey Sausage Links Hash Brown Potatoes Fresh Grapes 2 - Simply Boxed Not-A-Nut-Butter Fuel Pack *freshly prepare meal with nut-free spread, crispy pita chips, cheese and fruit*	14 1 - Nachos Grande *tortilla chips topped with freshly prepared mexi style meat and cheese sauce* Cherry Tomatoes Fresh Pear 2 - Simply Boxed Not-A-Nut-Butter Fuel Pack *freshly prepare meal with nut-free spread, crispy pita chips, cheese and fruit*	15 1 - Classic Cheese Pizza *whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese* Or Pepperoni Pizza Green Pepper Slices Cinnamon Apple Slices 2 - Yogurt Lunch *a protein packed lunch with yogurt, cheese and a grain component*
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MEATLESS MONDAY

HARVEST of the MONTH

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Welcome to our Lunch Cafe at... Windermere ES

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