

# Elementary K-5 Hot Lunch Menu

## NOVEMBER 2019

**Lunch Price: K-5 only \$1.75** **Breakfast Price: K-5 only \$1.00**

Save the hassle of remembering to give your child money for meals each day-prepay online or at school!

Set up an online account at: [myschoolbucks.com](http://myschoolbucks.com)

Free/Reduced Meal Applications are available at all schools, or @ [enfieldschools.org/Depts/Nutrition Services](http://enfieldschools.org/Depts/Nutrition%20Services).

Monday

Tuesday

Wednesday

Thursday

Friday

These Dogs are Corny! **4**

Corn Dog (Turkey) Nuggets  
Oven Baked Potato Puffs  
Cooked Carrots  
Whole Wheat Roll  
Choice of Fruit



NO SCHOOL

Pasta Day Your Way! **5**

Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

It's a Wrap-Mexican Style **6**

Seasoned Chicken Fajita Strips  
Shredded Cheddar Cheese, Lettuce  
Cup Spicy Salsa Spanish Brown Rice  
Refried Beans 100% Juice Sherbet or  
Fruit Cup

Crisp from the Oven! **1**

Breaded Mozzarella Sticks  
Marinara Sauce  
Oven Baked French Fries  
Steamy Broccoli Spears  
Whole Wheat Dinner Roll / Fruit

The "MAX" Pizza! **7**

Cheesy Pizza Square  
Oven Baked French Fries  
Steamy Broccoli Spears  
Choice of Fruit



NO SCHOOL

Ballpark Frank! **8**

Hotdog (Turkey) in a Bun  
Oven Baked French Fries  
Honey Baked Beans  
Choice of Fruit

Pasta Day Your Way! **9**

Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

Meatball Sub Day! **10**

Meatballs and Sauce  
Grinder Roll, Grated Mozzarella Cheese  
Oven Baked French Fries  
Mixed Vegetables  
Choice of Fruit

Grilled to Perfection **11**

Grilled Cheese Sandwich  
Hot Tomato Soup, Crackers  
Steamy Broccoli Spears  
Choice of Fruit

Chicken Teriyaki Nuggets! **12**

Teriyaki Chicken Nuggets  
Oriental Rice, Sweet Peas  
Corn off the Cob  
Whole Wheat Dinner Roll  
Fortune Cookie Choice of Fruit

Golden Baked Chicken Pattie! **13**

Chicken Pattie /Cheese  
Whole Wheat Bun  
Crunchy Carrots w / Hummus  
Oven Baked French Fries  
Choice of Fruit

Pasta Day Your Way! **14**

Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

School Thanksgiving Dinner! **15**

Turkey and Gravy  
Mashed Potatoes  
Sweet Peas  
Whole Wheat Dinner Roll  
Choice of Fruit

My-Fav- Mac and Cheese! **16**

Macaroni and Cheese  
Sweet Potato Fries  
Steamy Broccoli Spears  
Whole Wheat Dinner Roll  
Choice of Fruit

Oven Crispy Nuggets! **17**

Breaded Chicken Nuggets  
Oven Baked French Fries  
Whole Wheat Dinner Roll  
Corn off the Cob  
Choice of Fruit

It's Breakfast for Lunch! **18**

**MINI** Maple Waffles  
Breakfast (Turkey)Sausage Link  
Oven Baked Potato Puffs  
Cooked Carrots  
Choice of Fruit

Pasta Day Your Way! **19**

Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

**20**



Happy Thanksgiving!  
To You And Your Family

**\*\*Please monitor your child's meal account to make sure there are enough funds to purchase a meal. Set up an account & view for free @ [myschoolbucks.com](http://myschoolbucks.com)**



Lunch offerings include an entrée, whole grain items, fresh and cooked veggies, fresh and canned fruit, low fat white or non-fat chocolate milk at every meal. Students may take three, four or five of these items, but they must choose at least ½ cup of fruits or veggies and 2 full servings of the other food components. Fresh baby carrots and hummus are available every day as a vegetable choice. Ketchup and mustard are available when applicable. Menu items are subject to change without notice. This institution is an equal opportunity provider and employer.

**Help Wanted:** Nutrition Services is accepting applications for part time workers and substitutes. Great hours for parents! Contact Nutrition Service Office for more info: 860-253-6509

