

EMUFSD Middle School Lunch

November 2017

**November Promos:
Nov. 6th- 17**

Chicken BLT

**Southwest Chicken
Pinwheel**



1
Nachos Grande
Vegetarian Baked Beans
****Please note the additional daily items**

2
Homemade Mac and Cheese w/ WG Pasta
Roasted Broccoli
****Please note the additional daily items**

3
Spicy Chicken Patty Sandwich
Sweet Corn Kernels
****Please note the additional daily items**

6
General Tso's Chicken
Sweet Potato Fries
****Please note the additional daily items**

7
**PARENT / TEACHER
CONFERENCES**

8
Beef and Bean Burrito
Vegetarian Baked Beans
****Please note the additional daily items**

9
WG Rotini & Meatballs W/ Toasted Garlic Bread
Roasted Broccoli
****Please note the additional daily items**

10
VETERAN'S DAY

13
Boneless Buffalo Wing
Sweet Potato Fries
****Please note the additional daily items**

14
Chili Turkey Hot Dog
Baked Tater Tots
****Please note the additional daily items**

15
Chicken Soft Tacos
Spicy Baked Beans
****Please note the additional daily items**

16
Sliced Turkey W/ Gravy Dinner Roll
Mashes Sweet Potatoes
****Please note the additional daily items**

17
Chicken Patty BLT Sandwich
Sweet Corn Kernels
****Please note the additional daily items**

20
General Tso's Chicken
Sweet Potato Fries
****Please note the additional daily items**

21
Meatball & Cheese Stromboli
Baked Crinkle Fries
****Please note the additional daily items**

22
Chicken & Cheese Quesadilla
Vegetarian Baked Beans
****Please note the additional daily items**

23
THANKSGIVING RECESS

24

27
Boneless BBQ Wing
Sweet Potato Fries
****Please note the additional daily items**

28
½ & ½ DAY
Mozzarella Sticks and Chicken Tenders W/ Marinara Sauce
Baked Tater Tots
**** Please note the addition daily items**

29
Nachos Grande
Vegetarian Baked Beans
****Please note the additional daily item**

30
Turkey Bacon Cheeseburger on a WG Roll
Potato Wedges
****Please note the additional daily items**

**Meal Price:
\$2.75**
**Reduced Eligible:
\$0.25**

Assorted snack items are offered daily that fit within the new Federal "Smart Snack" guidelines!

Grades K-12 are "Offer vs. Serve" and must choose at least 3 of the 5 options below:

--Meat/Meat Alternate--Whole Grain Item--Fruit Choice--
--Vegetable Choice--Milk Choice--

****One of the choices MUST be a fruit or vegetable!****

Items with a (P) may contain pork.

****Available Daily:**

WG Bagel & RF String Cheese, LF Vanilla Fruit Yogurt Parfait, Pizza Choices, Deli Sandwiches, & Salad Choices

Apples, Oranges, Fruit Cups, Orange Juice, Apple Juice, Fruit Punch, Carrot Sticks, Celery Sticks, Romaine Salad, Rotating Hot Vegetable

1% White Milk, Fat-Free White, Fat-Free Chocolate