

Elementary Lunch Menu
November, 2009
Election Day Student Holiday


2. 1. ****Grilled Chicken Sandwich or Chicken Filet Sandwich**
2. Pasta w/Meat Sauce w/ Breadstick
3. ***Caesar Chicken Strip Salad w/Breadstick or (V) *Vegetarian Caesar Salad w/Breadstick (May Choose up to 3)**
Green Beans, Baby Carrots, Pineapple Tidbits, Fresh Fruit, ♦100% Juice, Cinnamon Apples

9. 1. Ravioli Casserole w/Breadstick
2. Egg & Cheese Omelet w/Sweet Potato Cinnamon Pancakes
3. ***Greek Salad w/ Breadstick or (V) *Vegetarian Greek Salad w/Breadstick (May Choose up to 3)**
Tator Tots, Caesar Side Salad, ~~_____~~, Cucumber, Mandarin Oranges, Fresh Fruit, ♦Juice, Baked Peaches

10. 1. (V) ****Cheese Stuffed Breadstick w/ Marinara Sauce**
2. ****Deli Fresh Sandwich w/ Pasta Salad**
3. ***Chicken Tender Salad w/ Multigrain Roll or (V) *Vegetarian Caesar Salad w/ Multigrain Roll. (May Choose up to 3)**
Corn, ~~_____~~, Baby Carrots, Applesauce, Fresh Fruit, ♦100% Juice, Fruit Medley

16. 1. ****Grilled Chicken Sandwich or Chicken Filet Sandwich**
2. Pasta w/Meat Sauce w/ Breadstick
3. ***Caesar Chicken Strip Salad w/Breadstick or (V) *Vegetarian Caesar Salad w/Breadstick (May Choose up to 3)**
Caesar Side Salad, Green Beans, ~~_____~~, Pineapple Tidbits, Fresh Fruit, ♦100% Juice, Cinnamon Apples

17. 1. Soup & Sandwich
2. Chicken Nuggets w/Roll
3. ***Tuna Salad w/ Multigrain Roll or (V) *Vegetarian Chef Salad w/ WW Crackers (May Choose up to 3)**
~~_____~~ Mashed Potatoes, Tossed Green Salad, Mandarin Oranges, Fresh Fruit, ♦100% Juice, Cinnamon Harvest Bread

4. 1. Nachos w/Beef & Cheese or (V) Cheese only
2. Baked Breaded Chicken w/Cornbread
3. ***Asian Chicken Salad w/Multigrain Roll or (V) *Vegetarian Asian Salad w/Multigrain Roll (May Choose up to 3)**
Sweet Potato Soufflé, ~~_____~~, Diced Tomato W/Lettuce, Pears, Fresh Fruit, ♦100% Juice, Juice Bar

11. 1. Whole Grain Chicken Corn Dog
2. Turkey, Cornbread Dressing, Gravy
3. ***Chef Salad w/WW Crackers or (V) *Vegetarian Chef Salad w/WW Crackers (May Choose up to 3)**
~~_____~~ Peaches, Fresh Fruit, ♦100% Juice, ~~_____~~ Potatoes, Green beans, Cookie

18. 1. Tacos w/Beef & Cheese or (V) Cheese only
2. Baked Breaded Chicken w/Cornbread
3. ***Asian Chicken Salad w/Multigrain Roll or (V) *Vegetarian Asian Salad w/Multigrain Roll (May Choose up to 3)**
~~_____~~ Seasoned Black Beans, Diced Tomato W/Lettuce, Pears, Fresh Fruit, ♦100% Juice, Juice Bar

5. 1. Teriyaki Chicken Nuggets w/Stir Fry Rice & Breadstick
2. ***Hamburger or *Cheeseburger**
3. ***Taco Salad or (V) *Vegetarian Taco Salad (May Choose up to 3)**
~~_____~~, Baked French Fries, Coleslaw, Peaches, Fresh Fruit, ♦100% Juice, Cookie

12. 1. (V) Cheese Pizza or Pepperoni Pizza
2. Baked Potato w/ Beef and Cheese (Cheese only for Vegetarian Option) w/ Roll
3. ***Santa Fe Salad w/ Multigrain Roll or (V) *Vegetarian Santa Fe Salad w/ Multigrain Roll (May Choose up to 3)**
Broccoli w/ Cheese, ~~_____~~ Tossed Green Salad, Tropical Fruit Salad, Fresh Fruit, ♦100% Juice, Low Fat Brownie

19. 1. Teriyaki Chicken Nuggets w/Stir Fry Rice & Breadstick
2. ***Hamburger or *Cheeseburger**
3. ***Taco Salad or (V) *Vegetarian Taco Salad (May Choose up to 3)**
California Blend w/ Cheese, Baked French Fries, ~~_____~~ Peaches, Fresh Fruit, ♦100% Juice, Cookie

6. 1. Sloppy Joe
2. (V) Cheese Pizza or Pepperoni Pizza
3. (V) ***Yogurt or Peanut Butter Fruit Plate (May Choose up to 3)**
~~_____~~, Corn, Veggie Dippers, Applesauce, Fresh Fruit, ♦100% Juice, Fruit Fiesta

13. 1. Popcorn Shrimp w/ Macaroni & Cheese & Cornbread
2. BBQ Pork Sandwich
3. ***Power Pack or (V) *Vegetarian Power Pack (May Choose up to 3)**
Green Beans, ~~_____~~ Veggie Dippers, Fruit Cocktail, Fresh Fruit, ♦100% Juice, Fruit Fiesta

20. 1. Sloppy Joe
2. (V) Cheese Pizza or Pepperoni Pizza
3. (V) ***Yogurt or Peanut Butter Fruit Plate (May Choose up to 3)**
Glazed Carrots, ~~_____~~ Veggie Dippers, Applesauce, Fresh Fruit, ♦100% Juice, Fruit Fiesta



Fresh Fruits & Vegetables served daily.

A vegetarian menu selections is also offered daily.



Milk is available at all meals. Milk selections are 1% fat or lower.



Pasta, pizza crust and most bread selections are whole grain, white wheat or whole wheat.

Lunch Prices:
 Students \$1.60
 Reduced \$0.40
 Adults \$2.50

CCSD is an equal opportunity provider.

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School Holidays
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30. 1. Ravioli Casserole w/Breadstick
2. Egg & Cheese Omelet w/Sweet Potato Cinnamon Pancakes
3. ***Greek Salad w/ Breadstick or (V) *Vegetarian Greek Salad w/Breadstick (May Choose up to 3)**
Tator Tots, Caesar Side Salad, ~~_____~~, Mandarin Oranges, Fresh Fruit, ♦100% Juice, Baked Peaches



Happy Thanksgiving

*Choose only one side.
 **Offer sliced lettuce & tomato as additional side.

♦100% Juice provides 300 mg. calcium, 25% daily requirement of Vitamin D and 100% vitamin C.
NOTE: Market conditions and/or availability of food may require changes in menus. Also, menus may occasionally vary at local schools due to special events.