

Welcome to our Lunch Cafe @

Green Island School

November 2017

Monday

Tuesday

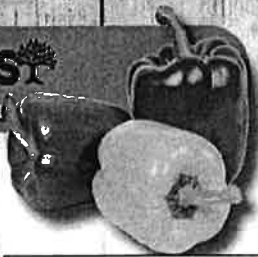
Wednesday

Thursday

Friday



HARVEST
of the
MONTH



We proudly support clean, organic, local and sustainable agriculture.

6 Nachos Grande
Corn
Steamed Broccoli
Sliced Peaches
Fresh Red Delicious Apple

7 Election Day
No Lunch
Served

8 Chicken Tenders
Whole Wheat Dinner Roll
Baked Beans
Side of Carrots
Mashed Potatoes
Applesauce
Fresh Banana

9 Meatball Parmesan
Sandwich
Celery Sticks
Cucumber Coins
Mixed Fruit
Fresh Red Delicious Apple



13 Chicken Nuggets
Whole Wheat Dinner Roll
Corn
Steamed Broccoli
Sliced Peaches
Fresh Red Delicious Apple

14 French Toast
Turkey Sausage Patty
Syrup
Side of Carrots
Tator Tots
Diced Pears
Fresh Orange

15 Cheeseburger
Red Pepper Strips
Baked Beans
Green Beans
Applesauce
Fresh Banana

16 Roasted Turkey with
Gravy
Whole Wheat Dinner Roll
Corn
Mashed Potatoes
Mixed Fruit
Fresh Red Delicious Apple
**Thanksgiving
Lunch!**

17 Cheese Pizza
Side Salad
Steamed Broccoli
Sliced Peaches
Diced Pears

20 Crispy Chicken Sandwich
Corn
Steamed Broccoli
Sliced Peaches
Fresh Red Delicious Apple

21 Nachos Grande
Red Pepper Strips
Green Beans
Diced Pears
Fresh Orange

22 Thanksgiving
Recess



24 Thanksgiving
Recess

27 Chicken Nuggets
Whole Wheat Dinner Roll
Corn
Steamed Broccoli
Sliced Peaches
Fresh Red Delicious Apple

28 French Toast
Turkey Sausage Patty
Syrup
Tator Tots
Carrot Dippers
Diced Pears
Fresh Orange

29 Chicken Tenders
Whole Wheat Dinner Roll
Baked Beans
Side of Carrots
Mashed Potatoes
Applesauce
Fresh Banana

30 Beef Hot Dog on Bun
Baked Beans
Celery Sticks
Cucumber Coins
Mixed Fruit
Fresh Red Delicious Apple

SIMPLY ROOTED™ in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. This is because we are Simply Rooted™ in food and family and



use ingredients that are locally sourced, all natural, and organic or non-GMO, whenever possible.



School Lunch Full
Price is \$2.85
Reduced Price is
\$0.25

1% White, Skim and
Fat Free Chocolate
Milk available with
all meals.

Assorted Deli Sandwiches, Chef Salads and Yogurt Parfaits with Granola and Fruit served daily.
Romaine Salad is served daily as a vegetable option.

If you have any questions, please contact Brian Nolan/
Food Service Director 237-9100 x 1411

November 6th is National Nacho Day!
Sticker Day is November 8th

*Consuming raw or undercooked 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. USDA is an equal opportunity provider, employer, and lender.