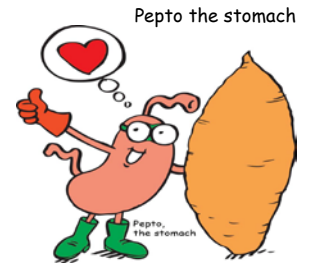


Have you met Hardy Heart
and Pepto the Stomach?
This month we focus on
lean meats and sweet
potatoes as the OWG
Foods of the Month!

The School District of Palm Beach County
www.palmbeachschools.org/sfs
Elementary Lunch Menu
November 2011



Parents are encouraged to prepay online for students meals. The link is provided on our website.

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Daily Offerings</p> <p>Monday/Wednesday/Friday PB & J & Cheese Stick</p> <p>Tuesday/Thursday Muffin, Yogurt, & Cheese</p>	<p>1 Traditional or Fiesta Beefaroni w/Breadstick Corndog Mini-Mandarin Chicken Salad Muffin Platter Spinach with Cheese</p>	<p>2 Barbecued Chicken Hot Ham & Cheese Sandwich PB & J & Cheese Stick Cornbread Sweet Potato Bake</p>	<p>3 Cuban Pork w/Roll Chicken Patty Sandwich Muffin Platter Black Beans Mixed with Rice* Sliced Sweet Plantains Garden Salad</p>	<p>4 "Fresh From the Farm" Fiesta Pizza Fish Sticks w/Roll PB & J & Cheese Stick Corn-on-the-Cob</p>
<p>7 Cheeseburger Hot Dog PB & J & Cheese Stick Potato Stix Baked Beans</p>	<p>8 Penne Pasta & Meat Sauce or Meatballs w/Breadstick Grilled Cheese Sandwich Muffin Platter Broccoli Garden Salad</p>	<p>9 Chicken Tenders w/Roll Sloppy Joe Sandwich PB & J & Cheese Stick Sweet Potato Wedges</p>	<p>10 Turkey Lasagna w/Roll Hamburger Chef Garden Salad Muffin Platter Sliced Carrots</p>	 <p>To find nutrition facts about school meals, visit Health-e Living! The link is provided on our website!</p>
<p>14 Macaroni & Cheese w/Roll Meatball Sub PB & J & Cheese Stick Broccoli</p>	<p>15 Meatless Lasagna or Stuffed Shells w/Breadstick Corndog Chef Garden Salad Muffin Platter Zucchini</p>	<p>16 Oven Roast Chicken w/Roll Cheesy Burrito PB & J & Cheese Stick Brown Rice* Collard Greens</p>	<p>17 Turkey Roast w/Roll Gravy Chicken Patty Sandwich Muffin Platter Homestyle Stuffing* Mashed Potatoes</p>	<p>18 "Fresh From the Farm" Soft Taco Stuffed Crust Pizza PB & J & Cheese Stick Brown Rice* Corn-on-the-Cob</p>
<p>21 Chicken Nuggets w/Roll Vegetarian Chili w/Corn Chips PB & J & Cheese Stick Brown Rice* Caribbean Blend</p>	<p>22 Spaghetti & Meat Sauce or Meatballs w/Breadstick Grilled Cheese Sandwich Muffin Platter Sweet Peas Garden Salad</p>		<p>Happy Thanksgiving!</p> <p>November is a great time to meet with family, eat good foods and play football. You can find lots of healthy foods to eat: Sweet potatoes are packed with fiber, vitamins A and C and they outweigh yams nutritional value by a lot... so remember to eat your share!</p>	
<p>28 Chicken Parmesan Sandwich Chili Cheese Wrap PB & J & Cheese Stick Carrot & Bean Medley</p>	<p>29 Traditional or Fiesta Beefaroni w/Breadstick Corndog Mini-Mandarin Chicken Salad Muffin Platter Spinach with Cheese</p>	<p>30 Barbecued Chicken Hot Ham & Cheese Sandwich PB & J & Cheese Stick Cornbread Sweet Potato Bake</p>	<p>On Early Release Days School Food Service Managers will choose one hot entrée and one cold entrée to serve from the choices below:</p> <p>Hot Choices Hot Ham & Cheese Chicken Patty Sandwich Mini Cheeseburger Sliders Corndog</p> <p>Cold Choices PB & J & Cheese Stick Turkey & Cheese Sandwich Hoagie</p>	

For a complete meal, students may select **one entrée** (which may include a **GRAIN/BREAD & MEAT/MEAT ALTERNATE**), **two different FRUIT/VEGETABLES** and a **CHOICE OF MILK**. Each day: a **WHOLE GRAIN BREAD PRODUCT**, **(2) FRESH FRUITS**, **(2) CUPPED FRUITS**, **(2) SALAD CUPS**, **100% FRUIT JUICE**, and a **CHOICE OF MILK** are offered. An asterisk (*) indicates a **BONUS ITEM**. The **BONUS ITEM** may be selected as an extra bread/grain in addition to the bread/grain that already comes with the main entrée.
Menu is subject to changes.

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