

## Nassau Elementary School November 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Served Daily</u> - PB &amp; Jelly                      Deli Turkey Sandwich                      Ham &amp; Cheese Sandwich                      Tuna Salad Sandwich                      Homemade Hummus Spread                      w/toasted everything bagel                      Garden Salad w/chicken or cheese</p>	<p><u>5 Vegetable Groups Offered Weekly</u></p> <ul style="list-style-type: none"> <li>• Dark Green</li> <li>• Red/Orange</li> <li>• Legumes (dried beans &amp; peas)</li> <li>• Starchy</li> <li>• Other as defined in guidelines</li> </ul>	<p><b>1</b></p> <p>Pasta w/meat sauce OR                      Mozzarella Sticks w/ Three Grain Pilaf                      Romaine Salad                      Fresh Seasonal Fruit</p>	<p><b>2</b></p> <p>Pizzeria Slice OR Cheeseburger                      Homemade Lentil Soup                      Fresh Seasonal Fruit</p>	<p><b>3</b></p> <p>Breakfast Egg &amp; Cheese Sandwich                      OR Mexican Taco's (3)                      Steamed carrots                      Fresh Seasonal Fruit</p>
<p><b>6</b></p> <p>Chicken Nuggets &amp; Garlic Bread                      OR Toasted Cheese                      Homemade Vegetable soup                      Fresh Seasonal Fruit</p>	<p><b>7</b></p> <p>Roast Turkey w/rice pilaf                      OR Meatball Sub OR Pizza Square                      Water Chestnuts                      Fresh Seasonal Fruit</p>	<p><b>8</b></p> <p>Baked Macaroni &amp; cheese OR                      Mozzarella Sticks w/garlic bread                      Escarole w/garlic and oil                      Fresh Seasonal Fruit</p>	<p><b>9</b></p> <p>Cheeseburger OR Pizzeria Slice                      Homemade Black Bean Soup                      Fresh Seasonal Fruit</p>	<p><b>10</b></p> <p style="font-size: 1.2em;"><b>Veteran's Day</b></p>
<p><b>13</b></p> <p>Toasted Cheese OR Chicken Nuggets &amp; Garlic Bread                      Homemade Vegetable soup                      Fresh Seasonal Fruit</p>	<p><b>14</b></p> <p>Chicken Pattie on a bun                      OR Meatball Sub OR Pizza Square                      Kernel Corn                      Fresh Seasonal Fruit</p>	<p><b>15</b></p> <p>Pasta w/meat sauce OR                      Mozzarella Sticks w/Barley Salad                      Steamed Fresh Broccoli                      Fresh Seasonal Fruit</p>	<p><b>16</b></p> <p>Pizzeria Slice OR Cheeseburger                      Homemade Creamy Garbanzo Bean Soup                      Fresh Seasonal Fruit</p>	<p><b>17</b></p> <p style="font-size: 1.2em;"><b>Superintendent's Conference Day</b></p>
<p><b>20</b></p> <p>Chicken Nuggets &amp; Garlic Bread OR Toasted Cheese                      Homemade Vegetable soup                      Fresh Seasonal Fruit</p>	<p><b>21</b></p> <p>Roast Turkey w/rice pilaf                      OR Meatball Sub OR Pizza Square                      Green Peas                      Fresh Seasonal Fruit</p>	<p><b>22</b></p> <p style="font-size: 1.2em;"><b>Thanksgiving Recess</b></p>	<p><b>23</b></p> <p style="font-size: 1.2em;"><b>Thanksgiving Recess</b></p>	<p><b>24</b></p> <p style="font-size: 1.2em;"><b>Thanksgiving Recess</b></p>
<p><b>27</b></p> <p>Toasted Cheese OR Chicken Nuggets &amp; Rice Pilaf                      Homemade Vegetable soup                      Fresh Seasonal Fruit</p>	<p><b>28</b></p> <p>Chicken Pattie on a bun                      OR Meatball Sub OR Pizza Square                      Kernel Corn                      Fresh Seasonal Fruit</p>	<p><b>29</b></p> <p>Baked Macaroni &amp; cheese OR                      Mozzarella Sticks w/garlic bread                      Fresh Spinach Salad                      Fresh Seasonal Fruit</p>	<p><b>30</b></p> <p>Pizzeria Slice OR Cheeseburger                      Homemade Split Pea Soup                      Fresh Seasonal Fruit</p>	<p>This institution is an equal opportunity provider</p> <p style="color: red; font-size: 0.9em;"><i>Menu is subject to change due to product availability or unforeseen circumstances</i></p>