



# ARLINGTON PUBLIC SCHOOLS

## NOVEMBER 2018 ELEMENTARY MENU

LUNCH: \$3.00 MILK ONLY: \$0.60

Prepayments can be made by check to your child's cafeteria or online at:



BREAKFAST  
\$1.25 SERVED  
AT  
HARDY, PEIRCE  
& THOMPSON



Please notify  
your server  
of food  
allergies



MONDAY 5			TUESDAY 6			WEDNESDAY 7			THURSDAY 1			FRIDAY 2		
WW pasta with all beef meatballs and marinara <b>Served with:</b> Sugar snap peas Fruit salad cup Mini rice krispie treat			PROFESSIONAL DEVELOPMENT DAY  NO SCHOOL			BBQ chicken leg, fresh corn bread square <b>Served with:</b> Fresh Cole slaw Fresh baby carrots & RF ranch dip Fresh grapes			Wild caught Baked, breaded Pollack fish sticks <b>Served with:</b> Roasted butternut squash Fresh apple slices			Sal's fresh pizza Cheese or pepperoni  <b>Served with:</b> Spinach salad Fresh fruit bowl		
MONDAY 12			TUESDAY 13			WEDNESDAY 14			THURSDAY 15			FRIDAY 16		
 Veterans Day			WG French toast sticks, syrup cup hardboiled egg <b>Served with:</b> Baked tater tots Carrot Craisin salad Fresh strawberries			Teriyaki chicken over WG rice and veggies <b>Served with:</b> Fresh green beans Fresh pineapple cubes Fortune cookie			Hot Turkey Dinner with gravy, WG Dinner roll <b>Served with:</b> Mashed potatoes Spiced warm apples Wild Turkey Cookie			Sal's fresh pizza Cheese or pepperoni  <b>Served with:</b> Veggie sticks and white bean dip Fresh fruit bowl		
MONDAY 19			TUESDAY 20			WEDNESDAY 21			THURSDAY 22			FRIDAY 23		
Baked, breaded chicken on WG roll <b>Served with:</b> Lettuce & tomato cup Cucumber slices Baked potato wedges Fresh fruit			Ham, egg and cheese WG flatbread <b>Served with:</b> Roasted grape tomatoes Orange wedges Pudding cup & topping			Thanksgiving Recess begins at 12:00 Noon No Lunch Served			Thanksgiving Recess No School  			Thanksgiving Recess No School		
MONDAY 26			TUESDAY 27			WEDNESDAY 28			THURSDAY 29			FRIDAY 30		
Hamburger or black bean veggie burger on WW bun <b>Served with:</b> Lettuce & tomato cup Vegetarian baked beans Veggie sticks and RF dip Peach cup			WG Pancakes & syrup cup, chicken sausage patty <b>Served with:</b> Roasted red potatoes Fresh Sliced strawberries			Chicken fajita wrap, peppers and onions <b>Served with:</b> Lettuce, tomato, salsa, shredded cheese Fiesta corn & black beans Fresh apple slices			Homemade macaroni and cheese <b>Served with:</b> Fresh steamed broccoli Assorted melon slices			Sal's fresh pizza Cheese or pepperoni  <b>Served with:</b> Crunchy carrots and cucumber wheels Fresh pears		

**Daily Alternates:**  
Monday & Wednesday  
Toasted cheese on WG with daily side items

Tuesday & Thursday  
WG bagel, light cream cheese & yogurt with daily side items

Daily Alternate  
Sunbutter and jelly with daily side items

**Daily Salad Alternates come with WW pita:**

10/29/18-11/02/18:  
Tossed salad with popcorn chicken

11/5/18-11/9/18:  
Chef's salad with turkey, ham, cheddar & egg

11/13/18-11/20/18:  
Tossed romaine salad with Hummus and pita chips

11/26/18-11/30/18:  
Caesar Salad with grilled chicken

All Meals come with low-fat, non-fat, or non-fat chocolate milk

Assorted fruits and veggies are available daily

