

# Pitman High School

## November 2017

You can pay for your child's lunch on-line.

Log on to [www.payforit.net](http://www.payforit.net)

The Five components of a "school meal" are: **Protein, Vegetables, Fruit, Grain, & Milk**  
*In order for your child's lunch to count as a school meal, regardless of lunch status, they must select at least 3 different food components, one of which is a fruit or vegetable.*

Nutrition Tip of the Month:

**Include Whole Grains.** Aim to make at least half your grains whole grains. Whole grains provide more nutrients, like fiber, than refined grains.

### Monday



6 Mini Strawberry Pancakes  
Sausage Patty  
Hash Brown  
Daily or Fresh Fruit

13 Chicken Nuggets  
Celery Sticks/Dip  
Daily or Fresh Fruit

20 Chicken Nuggets  
Celery Sticks/Dip  
Daily or Fresh Fruit

27 Cheese Steak  
Baked Beans  
Daily or Fresh Fruit

### Tuesday



7 Chicken Nuggets  
Carrots  
Daily or Fresh Fruit

Give Thanks!  
NEW ITEM  
"MCPITMAN" BURGER  
Baked Beans  
Daily or Fresh Fruit

Give Thanks!  
NEW ITEM  
TACO "BOAT"  
Corn  
Daily or Fresh Fruit

28 BBQ Pulled Pork/Bun  
Smiley Face Fries  
Daily or Fresh Fruit

### Wednesday

1 Big Daddy's Pizza  
Romaine Salad  
Daily or Fresh Fruit

8 Big Daddy's Pizza  
Celery Sticks/Dip  
Daily or Fresh Fruit

15 Big Daddy's Pizza  
Salad  
Daily or Fresh Fruit

22 Big Daddy's Pizza  
Bag Carrots/Dip  
Daily or Fresh Fruit

29 Big Daddy's Pizza  
Romaine Salad  
Daily or Fresh Fruit

### Thursday

Give Thanks!  
NEW ITEM  
Chicken Fingers  
ROASTED CHICK PEAS  
Daily or Fresh Fruit

9 SCHOOLS CLOSED FOR STUDENTS  
TEACHER PROFESSIONAL DEVELOPMENT

16 Hot Turkey Sandwich  
Mashed Potatoes  
Daily or Fresh Fruit

23 SCHOOLS CLOSED  
Happy Thanksgiving

30 Popcorn Chicken  
Carrots  
Daily or Fresh Fruit

### Friday

3 Corndog  
Cucumber Slices/Dip  
Daily or Fresh Fruit

10 SCHOOLS CLOSED FOR STUDENTS  
TEACHER PROFESSIONAL DEVELOPMENT

17 Macaroni & Cheese  
Broccoli  
Daily or Fresh Fruit

24 SCHOOLS CLOSED  
THANKSGIVING RECESS



#### Available Daily

Daily Entrée  
Hot Sandwiches  
Cold Sandwiches  
Made to Order Cold Sandwich Bar  
Salad /Variety

#### A La Carte

Any Entrée \$4.10-French Fries \$2.00-Soup \$2.25-Fresh Fruit \$ .75-Fruit or Veg (8oz) \$1.00-Ice Cream \$1.35-Chips, Cookies, etc. \$ .75-Extra Milk \$ .60-100% Juice \$1.00-Bottled Water \$1.50-Sparkling Ice \$2.00

#### Lunch Price

\$3.30 Paid  
\$.40 Reduced

Menu is subject to change  
**\*IF SENDING A CHECK, PLEASE MAKE PAYABLE TO PITMAN CAFETERIA\***  
 For questions regarding the school lunch program, contact:  
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