

2014 South Fork Schools Lunch Menu for NOVEMBER






Money for lunches will be accepted in the Elementary Cafeteria and Middle School Office. We cannot accept any lunch money payments from students in the lunch line at either school. Full Price Student lunches are \$1.75 at Elementary and \$1.95 at Middle School. Those students who qualify receive Reduced Price Lunches for \$.40 at both schools. If you are unable to pay for lunches for your students please fill out a 'Free or Reduced Price Lunch Application' so your child can receive a balanced and nutritious lunch each day! Please call the Cafeteria Manager, Sherry Webb, at 760-378-1130 ext 4 if you would like more information about South Fork School Breakfast and Lunch Programs!

Menu is subject to change without notice

Milk may be purchased separately from lunch for \$.35 each.

Breakfast and Lunch includes a choice of Non-Fat Chocolate or 1% Low-Fat White Milk

Breakfast in the Classroom is Free to all Students

Monday	Tuesday	Wednesday	Thursday	Friday
3 CHEESE STUFFED BREADSTICKS WG CRISP APPLE FARMER'S MARKET MARINARA SAUCE CUP MILK - Variety	4 CHICKEN MANDARIN ORANGE LINGS CHINESE STYLE VEGETABLES FARMER'S MARKET ORANGES FORTUNE COOKIE MILK - Variety	5 RIB-A-QUE HOAGIE ROLL WW VEGETARIAN BEANS FARMER'S MARKET ORANGES MILK - Variety	6 CHICKEN ROASTED - 8 CUT VEGETARIAN BEANS FARMER'S MARKET PEACHES, CANNED PEARS BBQ SAUCE CUP CORN MUFFIN MILK - Variety	7 CHEESE CUPS MUCHO QUESO LS TORTILLA CHIPS FRUIT JUICE SLUSHIE FARMER'S MARKET MILK - Variety
10 NO  SCHOOL	11 VETERAN'S DAY  HOLIDAY	12 PIZZA TONY'S PEPPERONI WG FRUIT JUICE FARMER'S MARKET MILK - Variety	13 CHICKEN TENDER STRIPS GREEN BEANS FARMER'S MARKET DRIED FRUIT & PEANUT MIX BBQ SAUCE CUP MILK - Variety	14 CHICKEN FAJITA TORTILLA, SOFT WG PINTO BEANS FARMER'S MARKET PEACHES, CANNED PEARS TACO SAUCE PACKET MILK - Variety
17 PIZZA FRENCH BREAD WG CRISP APPLE FARMER'S MARKET MILK - Variety	18 BURRITO BEAN & CHEESE WG CORN FARMER'S MARKET ORANGES TACO SAUCE PACKET MILK - Variety	19 CHICKEN POPCORN WG FRUIT JUICE SLUSHIE FARMER'S MARKET BBQ SAUCE CUP MILK - Variety	20 Thanksgiving Dinner 	21 CORNDOG JUMBO WG VEGETARIAN BEANS FARMER'S MARKET DRIED FRUIT & PEANUT MIX MUSTARD KETCHUP MILK - Variety
24 PIZZA CHEESE WG ARDELLAS FRUIT JUICE FARMER'S MARKET MILK - Variety	25 HAMBURGER BUN WW OVEN FRIES SEASONED FARMER'S MARKET FRUIT & PEANUT MIX KETCHUP MAYONNAISE MUSTARD MILK - Variety	26 NO  SCHOOL	27 Thanksgiving 	28 NO SCHOOL 

WW=Whole Wheat * LS=Low Sodium * WG=Whole Grain * LF=Low Fat
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