

# November SOUTH FORK SCHOOL MENU 2011

South Fork Schools are pleased to announce that both schools will participate in Free Breakfast in the Classroom for all students. Children that come to school without breakfast at home may visit the cafeterias for a fresh fruit snack when they arrive at school before the start of school each day.

*Attention Parents and Kids: Be sure you pay ahead on your meal account!*





*Paying ahead keeps the costs of preparing and mailing charge letters to a minimum. This helps the Cafeteria Fund continue to support the Free Breakfast program!*

*Money will be accepted in the Middle School Office and the Elementary Cafeteria. We cannot accept any lunch money payments from students in the lunch line at either school.*

Student lunches are \$1.55 at Elementary and \$1.80 at Middle School (full price) \$.40 (reduced price) 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 760-378-4602 if you would like more information about South Fork School Breakfast and Lunch Programs!*

Monday	Tuesday	Wednesday	Thursday	Friday
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 Low-Fat White Milk <i>Breakfast is Free to all Students</i>				
Low Fat Yogurt WG Cereal Bar Fresh Fruit	Mini Cinni Roll 100% Juice Box	Mini French Toast Fresh Apple	Mini Pancakes 100% Juice Box	Frudels Fresh Fruit
 <i>Lunches will include the Food Bar at both schools</i> 				
Oct. 31 Cheese Stuffed Breadsticks 100% Fruit Juice Shape Up	Nov. 1 Fajita Chicken Soft Tortilla Pinto Beans	2 Jumbo Chicken Corn Dog Vegetarian Baked Beans	3 Turkey & WW Rotini Seasoned Green Beans	4 BBQ Rib WW Hoagie Roll Pickle Slices
7 Ardella's WG Pepperoni Pizza	8 Quesadilla Pinto Beans	9 Hamburger on a WG Bun Skin-On Seasoned Oven Baked Fries	 Veteran's Day No School	
14 WG Taco Pocket 100% Fruit Juice Frozen Shape up	15 Sliced Ham & LF Cheese on WG Bread Dill Pickle Chips	16 Breaded Chicken Strips Fresh Fruit	17 WW Spaghetti & Italian Sauce with Meat Balls	18 Bean & Cheese Burrito Salsa
21 Ardella's Cheese Pizza	22 <i>Thanksgiving Dinner</i> Turkey & Gravy Mashed Potatoes, Cornbread Dressing, Cranberry Sauce, Dinner Roll, Pumpkin Pie	23 Popcorn Chicken Bites Fresh Fruit		
28 Crisp Taco Salsa	29 Turkey & Vegetable Soup WG Dinner Roll	30 Mandarin Orange Chicken Chow Mein Noodles Chinese Vegetables		

**WW=Whole Wheat**

**LS=Low Sodium**

**WG=Whole Grain**

**LF=Low Fat**

**The USDA is an equal opportunity provider**