

November 2017 CHAPIN ST., EAST ST. & VETERAN'S PARK SCHOOLS



School Information: Lunch Price: \$2.75

Menu Subject to change

"USDA is an equal opportunity provider and employer"



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.

Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



Earn extra money part-time. Work as a substitute in our School Lunch Department
www.schoolspring.com

1
 Parent-Teacher Conference
 No Lunches Served

2
 Parent-Teacher Conference
 No Lunches Served

3
 Parent-Teacher Conference
 No Lunches Served

8
 Shepherd's Pie w/Hamburg, Potatoes, Corn & Gravy
 WW Dinner Roll
 Sweet Peas
 Farm Fresh Fruit

9
 Teriyaki Chicken Wrap
 Oven Roasted Potatoes
 Mixed Veggies
 Strawberries w/Topping

10
 Veteran's Day
 No School

15
 Chicken Scampi w/Spaghetti
 Garlic Bread
 Green Beans
 Farm Fresh Fruit

16
 Turkey & Gravy Dinner
 Farm Fresh Mashed Potatoes
 Sweet Corn
 WW Dinner Roll
 Blueberries in a Cloud

17
 Cheese or Pepperoni Piz
 Three Bean Salad
 Farm Fresh Fruit

22
 Early Release
 No Lunches Served

23
 Thanksgiving Break
 No School

24
 Thanksgiving Break
 No School

29
 Baked Rotini w/Meat Sauce
 WW Breadstick
 Seasoned Green Beans
 Farm Fresh Fruit

30
 Roast Pork w/Gravy
 Farm Fresh Mashed Potatoes
 WW Dinner Roll
 Side Salad w/Dressing
 Fruit Cup

ALTERNATE LUNCHESES
 Week 1: **Hamburger**
 Week 2: **Grilled Cheese**
 Week 3: **Teriyaki Chicken Wrap**
 Week 4: **Hamburger**
 Week 5: **Tuna & Cheese Sandwich**

6
 Chicken Noodle Soup
 Tuna & Cheese Grinder on a WW Roll
 Cape Cod Chips
 Seasoned Carrots
 Farm Fresh Fruit

7
 Professional Development
 No School

13
 Hamburger on a WW Bun
 Oven Baked Fries
 Seasoned Carrots
 Farm Fresh Fruit

14
Taco Tuesday
 Taco on a Hard or Soft Shell w/Lettuce, Tomato, Cheese & Salsa
 Rice, Mixed Veggies
 Fruit

20
 Fish Sticks w/Tarter Sauce
 Cole Slaw
 Oven Baked Fries
 Farm Fresh Fruit

21
 Baked Macaroni & Cheese
 WW Dinner Roll
 Sweet Peas
 Fruit Cup

27
 Tomato Noodle Soup
 Grilled Ham & Cheese Sandwich, Cape Cod Chips
 Sweet Corn
 Farm Fresh Fruit

28
 Chicken Patty on a WW Roll
 Oven Baked Fries
 Baked Beans
 Applesauce Cup

