

# LUNCH November 2011

# School District of Philadelphia

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Fresh Fruit and/or Canned Fruit & a Variety of fat content White or Chocolate and Lactaid milk are offered daily	Mini Chicken Taco's or Whole Wheat Penne & Meatballs in Tomato Sauce <b>1</b>  Seasoned Carrots Fresh Apple	Cheeseburger on MG Bun or Beef Hot Dog On Bun W/ Baked Vegetarian Beans <b>2</b>  Steamed Broccoli Mixed Fruit Cup	Buffalo Chicken Patty On Bun or Grilled Turkey Ham & Cheese on Wheat Bread <b>3</b>  California Vegetable Medley Pineapple Cup	Quesadilla Pizza & Cheese Or Chili Wraps with Salsa <b>4</b>  Mexican Corn Whole Fruit Juice Bar
Meatball & Cheese on Philly Roll or Black Bean Empanadas <b>7</b>  French Fries Pear Cup	<b>ELECTION DAY NO STUDENTS</b> <b>8</b>	Pasta Dippers w/ Marinara Sauce Dip or Chicken Nuggets <b>9</b>  Steamed Broccoli Sliced Pear	Cheese Ravioli w/ Tomato Sauce WW Dinner Roll OR Nachos Grande with Turkey <b>10</b>  Italian Vegetable Medley Fresh Apples	<b>VETERANS DAY SCHOOLS AND ADMINISTRATIVE OFFICES CLOSED</b> <b>11</b>
Oven Baked Crunchy Fish Filet or Meat Ball Hoagie Black Beans and Brown Rice <b>14</b>  French Fries Mixed Fruit	Hamburger Pizza Steak on Philly Roll or Baked Macaroni & Cheese <b>15</b>  Stewed Tomatoes Peach Cup	General Tso's Chicken Fluffy Rice or Vegetarian Chili <b>16</b>  Oven Fries Mixed Fruit Cup	<b>HOLIDAY MEAL</b> <b>17</b> Hot Turkey with Cranberry Sauce Mashed Potatoes Seasoned Green Beans Stuffing with Gravy	Cheeseburger on MG Bun w/ Lettuce & Tomato Or Beef Hot Dog On Bun W/ Baked Vegetarian Beans <b>18</b>  Steamed Broccoli Mixed Fruit Cup
Buffalo Chicken Patty on MG Bun or Grilled Turkey Ham & Cheese on Wheat Bread <b>21</b>  California Vegetable Medley Pineapple Cup	Quesadilla Pizza & Cheese Or Chili Wraps with Salsa <b>22</b>  Mexican Corn Whole Fruit Juice Bar	Meatball & Cheese on Philly Roll or Black Bean Empanadas <b>23</b>  French Fries Pear Cup	<b>HAPPY THANKSGIVING SCHOOLS AND ADMINISTRATIVE OFFICES CLOSED</b> <b>24</b>	<b>HAPPY THANKSGIVING SCHOOLS AND ADMINISTRATIVE OFFICES CLOSED</b> <b>25</b>
Oven Baked Crunchy Fish Filet or Meat Ball Hoagie <b>28</b>  French Fries Mixed Fruit	Lasagna WW Dinner Roll OR Nachos Grande with Turkey <b>29</b>  Italian Vegetable Medley Fresh Apples	<b>½ Day for Students</b> Pasta Dippers w/ Marinara Sauce Dip or Chicken Tender <b>30</b>  Steamed Broccoli Sliced Pear	Menu items are subject to change based upon availability. <b>Manager's Daily Entree Options include: Salad bar, Deli Bar, Pizza Bar</b>	This menu was planned to meet the guidelines of the Healthier US Schools Challenge.
<b>Sandwich Rotation (If Sandwich bar not available)</b> Monday- Tuna & Cheese Hoagie on Philly Roll Tuesday- Turkey & Cheese Hoagie Wednesday- Chicken Caesar Wrap Thursday- Turkey Ham on Wheat Bread Friday- South West Turkey Wrap		<b>Salad Rotation (If Salad bar not available)</b> Monday- Chicken Caesar Salad Tuesday- Chef Salad w/Turkey Wednesday- Tuna Salad with Crackers Thursday- Chef Salad w/HB Eggs Friday- Romaine Salad w/Chicken Patty *All salad served with WW Dinner Roll		<b>Pizza Rotation (If Pizza bar not available)</b> Monday- SouthWest Spicy Pizza Tuesday- Wedge Pizza Wednesday- 5" Round Pizza Thursday- Stuffed Crust Pizza Friday- French Bread Pizza