








# CARMEN ARACE INTERMEDIATE AND MIDDLE SCHOOLS MENU

## November 2018



Student Breakfast \$1.75

Student Lunch \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 4			Sliced Roast Turkey & Gravy 1 Whole Grain Biscuit Mashed Potato Veggie Cups with Hummus Assorted Fruit Milk Choice	French Bread Cheese Pizza 2  Steamed Broccoli Parmesan Veggie Cups with Hummus Assorted Fruit Milk Choice
WG Popcorn Chicken 5 Whole Wheat Roll Steamed Carrots Veggie Cups with Hummus Assorted Fruit Milk Choice 5	 6	Beef Nachos & Cheese 7 w/Corn Tortilla Chips & Salsa BBQ Vegetarian Beans Veggie Cups with Hummus Assorted Fruit Milk Choice	Breaded Pork Choplet & Gravy 8 Whole Grain Roll Steam Corn Veggie Cups with Hummus Assorted Fruit Milk Choice	Meatball Sub 9 on Whole Grain Bun Romaine Salad Veggie Cups with Hummus Assorted Fruit Milk Choice
Chicken Nuggets 12 Whole Wheat Roll Steamed Carrots Veggie Cups with Hummus Assorted Fruit Milk Choice 1	All Beef Frank 13 on Whole Grain Bun Vegetarian Baked Beans Veggie Cups with Hummus Assorted Fruit Milk Choice	Meatsauce 14 Served over Whole Grain Elbows Romaine Salad Veggie Cups with Hummus Assorted Fruit Milk Choice	Sausage Patty 15 Whole Grain French Toast Sticks Tater Tots Veggie Cups with Hummus Assorted Fruit Milk Choice	Round Cheese Pizza 16  Garden Salad Veggie Cups with Hummus Assorted Fruit Milk Choice
WG Jamaican Beef Patty 19  Steamed Corn Veggie Cups with Hummus Assorted Fruit Milk Choice 0	Square Cheese Pizza 20  Broccoli Parmesan Veggie Cups with Hummus Assorted Fruit Milk Choice	 21	 22	 23
Breaded Chicken Patty 26 on Whole Grain Bun Steamed Carrots Veggie Cups with Hummus Assorted Fruit Milk Choice 2	Chicken Fajita w/Cheese, Salsa 27 on Whole Grain Tortilla BBQ Vegetarian Beans Veggie Cups with Hummus Assorted Fruit Milk Choice	WG Bosco Sticks 28 Served w/Marinara Sauce Broccoli Parmesan Veggie Cups with Hummus Assorted Fruit Milk Choice	Cheeseburger 29 on Whole Grain Bun Fries Veggie Cups with Hummus Assorted Fruit Milk Choice	Potato Crusted Fish Wedge 30 on Whole Grain Bun Cole Slaw Veggie Cups with Hummus Assorted Fruit Milk Choice

WW = Whole Wheat

Menu is Subject to Change

WG = Whole Grain

A complete meal consists of an entrée, bread or grain, vegetable, fruit and a choice of milk: 1% white or non-fat chocolate or strawberry milk.

A variety of salads and sandwiches are offered daily.

This institution is an equal opportunity provider & employer.

Breakfast is available daily.

\* Early Dismissal Days



