

Elementary Lunch Menu

November, 2009

1. **Grilled Chicken Sandwich or Chicken Filet Sandwich
2. Pasta w/Meat Sauce w/ Breadstick
3. *Caesar Chicken Strip Salad w/Breadstick or **(V)** *Vegetarian Caesar Salad w/Breadstick **(May Choose up to 3)** Caesar Side Salad, Green Beans, Baby Carrots, Pineapple Tidbits, Fresh Fruit, ♦100% Juice, Cinnamon Apples

9. 1. Ravioli Casserole w/Breadstick
2. Egg & Cheese Omelet w/Sweet Potato Cinnamon Pancakes
3. *Greek Salad w/ Breadstick or **(V)** *Vegetarian Greek Salad w/Breadstick **(May Choose up to 3)** Tator Tots, Caesar Side Salad, Tomato & Sliced Cucumber, Mandarin Oranges, Fresh Fruit, ♦Juice, Baked Peaches

16. 1. **Grilled Chicken Sandwich or Chicken Filet Sandwich
2. Pasta w/Meat Sauce w/ Breadstick
3. *Caesar Chicken Strip Salad w/Breadstick or **(V)** *Vegetarian Caesar Salad w/Breadstick **(May Choose up to 3)** Caesar Side Salad, Green Beans, Baby Carrots, Pineapple Tidbits, Fresh Fruit, ♦100% Juice, Cinnamon Apples

Election Day Student Holiday



10. 1. **(V)**Cheese Stuffed Breadstick w/ Marinara Sauce**
2. **Deli Fresh Sandwich w/ Pasta Salad
3. *Chicken Tender Salad w/ Multigrain Roll or **(V)** *Vegetarian Caesar Salad w/ Multigrain Roll. **(May Choose up to 3)** Corn, Stoptlight Casserole, Baby Carrots, Applesauce, Fresh Fruit, ♦100% Juice, Fruit Medley

17. 1. Soup & Sandwich
2. Chicken Nuggets w/Roll
3. *Tuna Salad w/ Multigrain Roll or **(V)** *Vegetarian Chef Salad w/ WW Crackers **(May Choose up to 3)** Corn, Stoptlight Casserole, Mashed Potatoes, Tossed Green Salad, Mandarin Oranges, Fresh Fruit, ♦100% Juice, Cinnamon Harvest Bread

4. 1. Nachos w/Beef & Cheese or **(V)** Cheese only
2. Baked Breaded Chicken w/Cornbread
3. *Asian Chicken Salad w/ Multigrain Roll or **(V)** *Vegetarian Asian Salad w/ Multigrain Roll **(May Choose up to 3)** Sweet Potato Soufflé, Seasoned Black Beans, Diced Tomato W/Lettuce, Pears, Fresh Fruit, ♦100% Juice, Juice Bar

11. 1. Whole Grain Chicken Corn Dog
2. Turkey, Cornbread Dressing, Gravy
3. *Chef Salad w/WW Crackers or **(V)** *Vegetarian Chef Salad w/ WW Crackers **(May Choose up to 3)** Baked Breaded Okra, Baked Beans, Coleslaw, Peaches, Fresh Fruit, ♦100% Juice, Juice Bar

18. 1. Tacos w/Beef & Cheese or **(V)** Cheese only
2. Baked Breaded Chicken w/Cornbread
3. *Asian Chicken Salad w/ Multigrain Roll or **(V)** *Vegetarian Asian Salad w/ Multigrain Roll **(May Choose up to 3)** Sweet Potato Soufflé, Seasoned Black Beans, Diced Tomato W/Lettuce, Pears, Fresh Fruit, ♦100% Juice, Juice Bar

5. 1. Teriyaki Chicken Nuggets w/Stir Fry Rice & Breadstick
2. *Hamburger or *Cheeseburger
3. *Taco Salad or **(V)** *Vegetarian Taco Salad **(May Choose up to 3)** California Blend w/ Cheese, Baked French Fries, Coleslaw, Peaches, Fresh Fruit, ♦100% Juice, Cookie

12. 1. **(V)** Cheese Pizza or Pepperoni Pizza
2. Baked Potato w/ Beef and Cheese (**Cheese only for Vegetarian Option**) w/ Roll
3. *Santa Fe Salad w/ Multigrain Roll or **(V)** *Vegetarian Santa Fe Salad w/ Multigrain Roll **(May Choose up to 3)** Broccoli w/ Cheese, Peas & Carrots, Tossed Green Salad, Tropical Fruit Salad, Fresh Fruit, ♦100% Juice, Low Fat Brownie

19. 1. Teriyaki Chicken Nuggets w/Stir Fry Rice & Breadstick
2. *Hamburger or *Cheeseburger
3. *Taco Salad or **(V)** *Vegetarian Taco Salad **(May Choose up to 3)** California Blend w/ Cheese, Baked French Fries, Coleslaw, Peaches, Fresh Fruit, ♦100% Juice, Cookie

6. 1. Sloppy Joe
2. **(V)** Cheese Pizza or Pepperoni Pizza
3. **(V)** *Yogurt or Peanut Butter Fruit Plate **(May Choose up to 3)** Glazed Carrots, Corn, Veggie Dippers, Applesauce, Fresh Fruit, ♦100% Juice, Fruit Fiesta

13. 1. Popcorn Shrimp w/ Macaroni & Cheese & Cornbread
2. BBQ Pork Sandwich
3. *Power Pack or **(V)** *Vegetarian Power Pack **(May Choose up to 3)** Green Beans, Collard Greens, Veggie Dippers, Fruit Cocktail, Fresh Fruit, ♦100% Juice, Fruit Fiesta

20. 1. Sloppy Joe
2. **(V)** Cheese Pizza or Pepperoni Pizza
3. **(V)** *Yogurt or Peanut Butter Fruit Plate **(May Choose up to 3)** Glazed Carrots, Corn, Veggie Dippers, Applesauce, Fresh Fruit, ♦100% Juice, Fruit Fiesta



Fresh Fruits & Vegetables served daily.

A vegetarian menu selections is also offered daily.



Milk is available at all meals. Milk selections are 1% fat or lower.



Pasta, pizza crust and most bread selections are whole grain, white wheat or whole wheat.

Lunch Prices:

Students \$1.60
Reduced \$0.40
Adults \$2.50

CCSD is an equal opportunity provider.

Thanksgiving School Holidays

30. 1. Ravioli Casserole w/Breadstick
2. Egg & Cheese Omelet w/Sweet Potato Cinnamon Pancakes
3. *Greek Salad w/ Breadstick or **(V)** *Vegetarian Greek Salad w/Breadstick **(May Choose up to 3)** Tator Tots, Caesar Side Salad, Tomato & Sliced Cucumber, Mandarin Oranges, Fresh Fruit, ♦100% Juice, Baked Peaches



Featured Georgia Grown Vegetable:

Bibb Lettuce to be served

in our cafeterias this month.



*Choose only one side.

**Offer sliced lettuce & tomato as additional side.

♦100% Juice provides 300 mg. calcium, 25% daily requirement of Vitamin D and 100% vitamin C.

NOTE: Market conditions and/or availability of food may require changes in menus. Also, menus may occasionally vary at local schools due to special events.