






SHARON SPRINGS CSD

November, 2017 BREAKFAST & LUNCH MENU

**AVAILABLE DAILY: GRILLED CHICKEN SALAD, FRUIT & YOGURT PARFAIT, PBJ, WATER
ASSORTED CANNED & FRESH FRUITS & LOW FAT CHOCOLATE, STRAWBERRY and WHITE
MILKS.**

		1. Chicken Patty/WW Bun Herb Enhanced Rice Jolly Green Giants Green Beans	2. Build your own Burger/WW Bun Oven Baked Fries Golden Crisp Corn 	3. Homemade Cheese or Pepperoni Pizza OR Chicken Patty/WW Bun Romaine Spinach Garden Salad, LF Dressings Locally Grown Crispy Apples
6. WG French Toast Sticks OR WG Flavored Pancakes Turkey Sausage Carrot and Celery Sticks	7. Hotdog/WW Bun OR Ribaque/Bun Mashed Potatoes Veggie Sticks	8. Chicken Nuggets Herb Enhanced Rice Jolly Green Giants Green Beans 	9. Meatball Sub OR Oven Baked Ziti/Meatballs Romaine Spinach Garden Salad, LF Dressing Locally Grown Crisp Apples	10. SCHOOL CLOSED FOR VETERANS DAY 
13. Spartan Kids Favorite <u>Popcorn Chicken Bowl</u> Popcorn Chicken Mashed Potatoes LS Gravy LF Shredded Cheese Golden Crisp Corn	14. Beef Taco OR Buffalo Chicken Nacho Taco Lettuce Cheese Tomato Black Bean Salsa Mac Salad with a Rainbow of colored veggies	15. Chicken Patty/WW Bun Herb Enhanced Rice Jolly Green Giants Green Beans	16. Build your own Burger/WW Bun Oven Baked Fries Flavored Carrots	17. Homemade Cheese or Pepperoni Pizza OR Chicken Patty/WW Bun Romaine Spinach Garden Salad, LF Dressings Locally Grown Crispy Apples
20. Thanksgiving Delight ☺ Open Face Hot Turkey Sandwich Mashed Potatoes Cranberry Sauce Flavored Carrots Pumpkin Pie	21. Grilled Cheese Sandwich OR Egg Salad Sandwich Tomato Soup Carrot Pepper & Celery Sticks	22. Chicken Nuggets Herb Enhanced Rice Jolly Green Giants Green Beans	23. HAPPY THANKSGIVING 	24. 
27. Chicken Patty Parm WG Spaghetti w/ Sauce Garlic Bread Garden Salad LF Dressing	28. Beef Taco OR Beefy Nacho Taco Lettuce Cheese Tomato Black Bean Salsa Mac Salad with a Rainbow of colored veggies	29. Chicken Patty/WW Bun Herb Enhanced Rice Jolly Green Giants Green Beans	30. Western Burger WW Bun Scalloped Potatoes Golden Crisp Corn	

MENU SUBJECT TO CHANGE

Every Monday Breakfast Sandwich OR WG Flavored Pancake or Waffles OR Cold Cereal Choice w/ Graham Cracker OR WG Bagel w/ Cream Cheese Fruit Juice Milk	Every Tuesday Homemade Chocolate Chip Muffin OR Cold Cereal Choice w/ Graham Cracker OR WG Bagel w/ Cream Cheese Fruit Juice Milk	Every Wednesday Breakfast Sandwich OR WG French Toast Sticks OR Cold Cereal Choice w/ Graham Cracker OR WG Bagel w/ Cream Cheese Fruit Juice Milk	Every Thursday Homemade Chocolate Chip Muffin OR Cold Cereal Choice w/ Graham Cracker OR WG Bagel w/ Cream Cheese Fruit Juice Milk	Every Friday Homemade WG Cinnamon Bun OR OR Cold Cereal Choice w/ Graham Cracker OR WG Bagel w/ Cream Cheese Fruit Juice Milk
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