



**November 2016 Elementary School Menu**  
**BREAKFAST MENU**



Weeks of	Monday	Tuesday	Wednesday	Thursday	Friday
Oct 31 – Nov 4 Nov 14 – 18 Nov 28-30	Blueberry Muffin & Yogurt Strawberry Applesauce^	Chicken Biscuit Baked Apples^	Pancake Pup Orange wedges	Breakfast Pizza Pineapple Tidbits	Scrambled Eggs & Cheese Grits Mixed Fruit
Weeks of Nov 7 – 11 Nov 21 – 22	Pancakes Cinnamon Applesauce^	Sausage Biscuit Baked Apples^	Breakfast Burrito Orange wedges	French Toast Sticks Pineapple Tidbits	Scrambled Eggs & Cheese Grits Mixed Fruit

Each day for Breakfast we offer a variety of whole grain rich cereals & toast, fruit, milk & juice. Menu subject to change due to availability of items.

**LUNCH MENU**

**Fresh Salad Bar is available EVERYDAY for 4<sup>th</sup> & 5<sup>th</sup> Grade Students\***

Monday	Tuesday	Wednesday	Thursday	Friday
October 31	November 1	2	3	4
Chicken Patty Sandwich Tony's Cheese Pizza Squares (V) Turkey Chef Salad Corn Side Salad Apple Wedges^* Diced Pears	Grilled Cheese & Soup (V) Smart Mouth Pepperoni Pizza (P) Chef Wrap (P) Sweet Potato Fries Broccoli & Dip Tomato Soup (V) Fresh Melon Cubes Pineapple Tidbits	Salisbury Steak Smart Mouth Pepperoni Pizza (P) Fruit & Cheese Plate (V) Rice & Gravy Green Beans Fresh Cucumbers & Ranch Chili with Beans Grapes Applesauce^	Chicken Tenders w/Breadstick Crispy Beef Tacos Cobb Salad (P) Pintos Carrots & Dip Chili with Beans Fresh Pear Mandarin Oranges	Sloppy Joe's Smart Mouth Cheese Pizza (V) Turkey Sliders Tater Tots Side Salad Baked Spiced Apples^ Fresh Assorted Fruit Raisin Oatmeal Cookie
7	8 – No School	9	10	11
Chicken Nuggets w/Breadstick Cheeseburger Turkey Chef Salad Baked Beans Cucumber & Dip Apple Wedges^* Diced Pears		Baked Spaghetti Smart Mouth Pepperoni Pizza (P) Yogurt & Fruit Plate (V) Green Beans Spinach Side Salad Chicken & Rice Soup Grapes Applesauce^	BBQ Baked Chicken Chili Cheese Nachos Cobb Salad (P) Roasted Cauliflower Baby Carrots & Dip Chicken & Rice Soup Fresh Pear Mandarin Oranges	Soft Beef Tacos Smart Mouth Cheese Pizza (V) Turkey Sliders Spanish Rice Corn Side Salad Baked Spiced Apples^ Fresh Assorted Fruit Chocolate Chip Cookie
14	15	16	17	18
<b>Thanksgiving Lunch - schools will feature a special menu*. Check with your child's cafeteria manager for your school's date, details &amp; reservations</b>				
Chicken Tenders Turkey Chef Salad Macaroni & Cheese (V) Green Beans Carrot/Celery Sticks w/Ranch Apple Wedges^* Diced Pears	Fish N Chips Smart Mouth Cheese Pizza (V) Chef Wrap (P) Hush Puppies French Fries Cole Slaw Chicken Noodle Soup Fresh Melon Cubes Pineapple Tidbits	Chicken Alfredo Smart Mouth Pepperoni Pizza (P) Yogurt & Fruit Plate (V) Broccoli Side Salad Chicken Noodle Soup Grapes Applesauce^	Carolina BBQ Sandwich (P) Chicken Fajita Nachos Cobb Salad (P) Black-Eyed Peas Collard Greens* Chicken Noodle Soup Fresh Pear Mandarin Oranges	Meatloaf Smart Mouth Cheese Pizza (V) Turkey Sliders Rice n Gravy Carrots Roasted Cauliflower Baked Spiced Apples^ Fresh Assorted Fruit Chocolate Applesauce Cake
21	22	23 – No School	24 – No School	25 – No School
Chicken Patty Sandwich Tony's Cheese Pizza Squares (V) Turkey Chef Salad Corn Side Salad Apple Wedges^* Diced Pears	Grilled Cheese & Soup (V) Smart Mouth Pepperoni Pizza (P) Chef Wrap (P) Sweet Potato Fries Broccoli & Dip Tomato Soup (V) Fresh Melon Cubes Pineapple Tidbits	<b>Happy Thanksgiving!</b>		
28	29	30		
Chicken Nuggets w/Breadstick Cheeseburger Turkey Chef Salad Baked Beans Cucumber & Dip Apple Wedges^* Diced Pears	Teriyaki Chicken Smart Mouth Cheese Pizza (V) Chef Wrap (P) Pineapple Fried Rice Green Peas Steamed Carrots Chicken & Rice Soup Fresh Melon Cubes Pineapple Tidbits	Baked Spaghetti Smart Mouth Pepperoni Pizza (P) Yogurt & Fruit Plate (V) Green Beans Spinach Side Salad Chicken & Rice Soup Grapes Applesauce^		

^Palmetto Pick of the Month: **Apples** \*SC Certified Product Contains Pork (P) Lacto-Ovo Vegetarian (V)

\*SC Certified- other Fruits and Vegetables that may be SC Certified could include Strawberries, Cucumbers, Cauliflower, Tomatoes, Lettuces & Cabbage (V) Unless otherwise indicated, all fresh & prepared side vegetables and fruits are Lacto-Ovo Vegetarian

\*Salad Bar available to 3<sup>rd</sup> grade students at some schools

**Thanksgiving Lunch** –schools will feature a special menu. Please check with your child's cafeteria manager.

School News: Every day for Lunch choices include a traditional entrée & Low-fat options.

Side items include a variety of fresh & prepared fruits, assorted vegetables & side salads and choice of milk.

Menu subject to change due to availability of items. Make payments easily and securely on [LunchPrePay.com](http://LunchPrePay.com)

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>Thanksgiving Luncheon Menu

- Turkey
- Mashed Potatoes & Gravy
- Green Beans
- Dressing
- Cranberry Sauce
- Harvest Cobbler





Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast Pizza Muffin & Yogurt Pineapple Tidbits	Steak Biscuit Pop tart Cheese Grits Strawberry-Applesauce	Sausage Biscuit Muffin & Cheese Stick Baked Apples	French Toast Sticks Biscuit w/Sausage Gravy Grits Mixed Fruit	Scrambled Eggs Cheese Grits Chicken Biscuit Orange Wedges	Each day for Breakfast we offer a variety of whole grain rich cereals & toast, fruit, milk & juice. Menu subject to change due to availability of items.

**LUNCH MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
October 31	November 1	2	3	4
Crispy Beef Tacos Turkey Chef Salad Rice Refried Beans Corn Side Salad Apple Wedges^* Diced Pears	Grilled Cheese & Soup (V) Crispy Ranch Wrap Green Beans Roasted Cauliflower Broccoli & Dip Fresh Melon Cubes Pineapple Tidbits Tomato Soup (V)	Chicken Alfredo Fruit & Cheese Plate (V) Green Peas Carrots Spinach Side Salad Grapes Applesauce Chili with Beans	Meatloaf w/Bread Stick Cobb Salad (P) Sweet pot Fries Collards (DoD) Side Salad Fresh Pear Mandarin Oranges Chili with Beans	Teriyaki Chicken Turkey Slider Fried Rice Carrots Broccoli Asian Slaw Fresh Assorted Fruit
7	8 – No School	9	10	11
Chili Cheese Nachos Turkey Chef Salad Rice Refried Beans Corn Side Salad Apple Wedges^* Diced Pears		Baked Spaghetti Yogurt & Fruit Plate (V) Fruit & Cheese Plate Green Beans Side Salad Grapes Applesauce Chicken & Rice Soup	BBQ Baked Chicken Cobb Salad Rice & Gravy Black-eyed Peas Spinach Side Salad Fresh Pear Mandarin Oranges Chicken & Rice Soup	Fish –N-Chips w/Hushpuppies Turkey Slider Green Peas French Fries Coleslaw Baked Spiced Apples Fresh Assorted Fruit
14	15	16	17	18
<b>Thanksgiving Lunch - schools will feature a special menu<sup>2</sup>. Check with your child's cafeteria manager for your school's date, details &amp; reservations</b>				
Chicken Fajita Nachos Turkey Chef Salad Rice Corn Pinto Beans Side Salad Apple Wedges^* Diced Pears	Salisbury Steak w/ Breadstick Crispy Ranch Wrap Mashed Potatoes w/Gravy Green Beans Steamed Carrots Fresh Melon Cubes Pineapple Tidbits Chicken Noodle Soup	General Tso's Chicken Fruit & Cheese Plate Pineapple Fried Rice Carrots Broccoli Asian Slaw Grapes Applesauce Chicken Noodle Soup	Grilled Cheese & Soup (V) Cobb Salad (P) Green Peas & Corn Roasted Cauliflower Sliced Tomatoes Fresh Pear Mandarin Oranges Chicken Noodle Soup	Carolina BBQ Pork w/Rice (P) Turkey Slider Black-eyed Peas Collard Greens* Cole Slaw Baked Spiced Apples^ Fresh Assorted Fruit
21	22	23 – No School	24 – No School	25 – No School
Crispy Beef Tacos Turkey Chef Salad Rice Refried Beans Corn Side Salad Apple Wedges^* Diced Pears	Chicken Alfredo Fruit & Cheese Plate (V) Green Peas Carrots Spinach Side Salad Fresh Melon Cubes Pineapple Tidbits Tomato Soup (V)	<sup>2</sup> <b>Thanksgiving Luncheon Menu</b> Roasted Turkey Mashed Potatoes & Gravy Green Beans Dressing Cranberry Sauce Harvest Cobbler		
28	29	30		
Chili Cheese Nachos Turkey Chef Salad Rice Refried Beans Corn Side Salad Apple Wedges^* Diced Pears	Chicken Tenders w/ Mac n cheese Crispy Ranch Wrap Steamed Broccoli Marinated Tomato Salad Fresh Melon Cubes Pineapple Tidbits Chicken & Rice Soup	Baked Spaghetti Yogurt & Fruit Plate (V) Fruit & Cheese Plate Green Beans Side Salad Grapes Applesauce Chicken & Rice Soup		

<sup>^</sup>Palmetto Pick of the Month: **Apples**      \*SC Certified Product      Contains Pork (**P**)      Lacto-Ovo Vegetarian (**V**)

**\*SC Certified-** other Fruits and Vegetables that may be SC Certified could include Strawberries, Cucumbers, Cauliflower, Tomatoes, Lettuces & Cabbage (**V**) Unless otherwise indicated, all fresh & prepared side vegetables and fruits are Lacto-Ovo Vegetarian

**# Thanksgiving Lunch** –schools will feature a special menu.

Please check with your child's cafeteria manager for date and details.

School News: Every day for Lunch choices include a traditional entrée & Low-fat options, as well as Smart Mouth Pizza, Hot Grill, Grab and Go & Fresh Deli Items.

Side items include a variety of fresh & prepared fruits, assorted vegetables & side salads and choice of milk.

Menu subject to change due to availability of items.

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**Happy Thanksgiving!**



**BREAKFAST MENU**

Monday	Tuesday	Wednesday	Thursday	Friday	Each day for Breakfast we offer a variety of whole grain rich cereals & toast, fruit, milk & juice. Menu subject to change due to availability of items.
Steak Biscuits French Toast Cereal Muffins Pineapple Tidbits	Chicken Biscuits Scrambled Eggs Cereal Muffins Grits Applesauce	Gravy Biscuit Pancake Pup Cereal Muffins Diced Pears	Steak Biscuit Scrambled Eggs Cereal Muffins Grits Diced Peaches	Breakfast Pizza Egg & Cheese Biscuit Cereal Muffins Mandarin Oranges	

**LUNCH MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
October 31	November 1	2	3	4
Sloppy Joe's Turkey Chef Salad DHS: Hibachi – Mexican DFC: Int'l Italian Sweet Pot Fries Black-Eyed Peas Collard greens Apple Wedges** Diced Pears	Grilled Cheese & Soup (V) Crispy Ranch Wrap DFC: Int'l Asian Green Beans French Fries Cole Slaw Fresh Melon Cubes Pineapple Tidbits Tomato Soup (V)	Baked Potato Bar Fruit & Cheese Plate (V) DFC: Int'l Mexican Broccoli w/Cheese sauce Roasted Cauliflower Grapes Applesauce Chili with Beans	Crispy Beef Tacos Cobb Salad (P) DFC: Int'l Asian Rice Refried Beans Corn Side Salad Fresh pears Mandarin Oranges Chili with Beans	Teriyaki Chicken Turkey Slider DFC: Int'l Italian Fried Rice Carrots Green peas Asian Slaw Fresh Assorted Fruit
7	8 – No School	9	10	11
Hot Dog Bar Turkey Chef Salad DHS: Hibachi – Asian DFC: Int'l Italian French Fries Cole Slaw Carrot/Celery Sticks Apple Wedges** Diced Pears		Baked Spaghetti Yogurt & Fruit Plate (V) DFC: Int'l Mexican Green Beans Side Salad Grapes Applesauce Chicken & Rice Soup	BBQ Baked Chicken Cobb Salad DFC: Int'l Asian Rice & Gravy Black-eyed Peas Spinach Side Salad Fresh Pear Mandarin Oranges Chicken & Rice Soup	Fish –N-Chips w/Hushpuppies Turkey Slider DFC: Int'l Italian Green Peas French Fries Coleslaw Baked Spiced Apples Fresh Assorted Fruit
14	15	16	17	18
<b>Thanksgiving Lunch - schools will feature a special menu<sup>2</sup>. Check with your child's cafeteria manager for your school's date, details &amp; reservations</b>				
Chicken Alfredo Turkey Chef Salad DHS: Hibachi – Mexican DFC: Int'l Italian Broccoli Corn Spinach Side Salad Apple Wedges** Diced Pears	Salisbury Steak w/ Breadstick Crispy Ranch Wrap DFC: Int'l Asian Mashed Potatoes w/Gravy Green Beans Fresh Melon Cubes Pineapple Tidbits Chicken Noodle Soup	General Tso's Chicken Fruit & Cheese Plate DFC: Int'l Mexican Pineapple Fried Rice Carrots Broccoli Asian Slaw Grapes Applesauce Chicken Noodle Soup	Grilled Cheese & Soup (V) Cobb Salad (P) DFC: Int'l Asian Green Peas & Corn Roasted Cauliflower Sliced Tomatoes Fresh Pear Mandarin Oranges Chicken Noodle Soup	Carolina BBQ Pork w/Rice (P) Turkey Slider DFC: Int'l Italian Black-Eyed Peas Collard Greens* Sweet potato Fries Cole Slaw Baked Spiced Apples^ Fresh Assorted Fruit
21	22	23 – No School	24 – No School	25 – No School
Sloppy Joe's Turkey Chef Salad DHS: Hibachi – Mexican DFC: Int'l Italian Sweet Pot Fries Black-Eyed Peas Collard greens Apple Wedges** Diced Pears	Grilled Cheese & Soup (V) Crispy Ranch Wrap DFC: Int'l Asian Green Beans French Fries Cole Slaw Fresh Melon Cubes Pineapple Tidbits Tomato Soup (V)	<sup>2</sup> Thanksgiving Luncheon Menu Roasted Turkey Mashed Potatoes & Gravy Green Beans Dressing Cranberry Sauce Harvest Cobbler		<p><b>Give Thanks!</b></p>
28	29	30		
Hot Dog Bar Turkey Chef Salad DHS: Hibachi – Asian DFC: Int'l Italian French Fries Carrot/Celery Sticks Cole Slaw Apple Wedges** Diced Pears	Chicken Fajita Burrito Crispy Ranch Wrap DFC: Int'l Asian Rice Refried Beans Corn Side Salad Pineapple Tidbits Fresh Melon Cubes (Honeydew) Chicken & Rice Soup	Baked Spaghetti Yogurt & Fruit Plate (V) DFC: Int'l Mexican Green Beans Side Salad Grapes Applesauce Chicken & Rice Soup		

<sup>^</sup>Palmetto Pick of the Month: **Apples**      <sup>\*SC</sup>Certified Product      Contains Pork (**P**)      Lacto-Ovo Vegetarian (**V**)

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<sup>#</sup> Thanksgiving Lunch –schools will feature a special menu.

Please check with your child's cafeteria manager for date and details.

School News: Every day for Lunch choices include a traditional entrée & Low-fat options, as well as Papa John's Pizza, Subway, Hibachi, Nachos & Hot Grill items.

Side items include a variety of fresh & prepared fruits, assorted vegetables & side salads and choice of milk.

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**Happy Thanksgiving!**