



What's on the Menu?



Village November Lunch Menu

Staff Price \$5.25

Monday	Wednesday	Thursday	Friday
FRESH FRUIT & VEGETABLE PROGRAM			
Week 1 :1) Hot 2) Muffin Fun Lunch			
Classic Cheeseburger ½ Cup Steamed Corn on the Cobb 		Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	Pepperoni Pizza ½ Cup Garden Salad 
Week 2: 1) Hot 2) Chicken Caesar Salad with two Whole Grain Dinner Rolls			
	Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll 	Classic Cheese Pizza 1 cup Caesar Salad 
Week 3: 1) Hot Lunch 2) Nacho Fun Lunch			
Grilled Cheese 6oz of Tomato Soup 	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll 	Pepperoni Pizza 1 Cup Steamed Broccoli 
Week 4 :1) Hot 2) Bagel Fun Lunch			
Chicken Parmesan Sandwich Steamed Baby Carrots 	Beef, Bean and Cheddar Burrito ½ Cup Golden Steamed Corn 	Roasted Turkey ½ Cup Steamed Green Beans Two WG Dinner Rolls 	
Week 5: 1) Hot Lunch 2) Cereal Fun Lunch			
½ Cup of Fresh Fruit and Vegetable Bar (Available Daily)			
Sliced Cucumber Fresh Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Red and Green Pepper Strips Fresh Grape Tomatoes Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Fresh Caesar Salad Fresh Celery Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Fresh Broccoli Florets Garbanzo Beans Assorted Fresh Fruit (LG) Assorted Chilled Fruit
German Potato Salad Power Peas Assorted Fresh Fruit (LG) Assorted Chilled Fruit			

THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE SKIM, FAT FREE CHOCOLATE.

CHOOSE AT AT LEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!!



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