

November 2018

St. George Municipal School Unit

Breakfast & Lunch Menu

*Menu is subject to change without notice.

Prices:

Regular Breakfast \$1.00.

Regular Lunch: \$2.65

Staff Regular \$4.00.

A La Carte \$2.00

Adult Visitors \$5.00

Extra Milk \$0.50

Daily Lunch Alternatives:

Chef Salad w/ Whole Grain Bread

Peanut Butter & Jelly Sandwich

Sandwich of the Day:

Monday: Ham & Cheese

Tuesday: Tuna

Wednesday: Turkey & Cheese

Thursday: Ham & Cheese

Friday: Turkey & Cheese

Gluten-Free Options Available

Daily

Monday	Tuesday	Wednesday	Thursday	Friday
11/5	11/6	11/7	11/8	11/9
Breakfast: Breakfast Breads, Cereals, Milk, Fresh Fruit, 100% Juice. Lunch: Grilled Cheese Sandwiches, Tomato Soup, Carrot Sticks, Pears, Milk.	Breakfast: Fruit Yogurt Cups, Cereals, Milk, Fresh Fruit, 100% Juice. Lunch: Crispy Chicken Sandwich on WG Bun, Romaine Lettuce, Tomatoes, Cucumbers, Mixed Fruit, Milk.	Breakfast: French Toast Sticks w/ syrup, Cereals, Milk, Fresh Fruit, 100% Fruit Juice. Lunch: Rotini w/ meat sauce, WG rolls, Green Beans, Oranges, Milk.	Breakfast: Breakfast Sandwiches, Cereals, Milk, Fresh Fruit, 100% Juice. Lunch: Turkey w/ gravy, Stuffing, WG Breadsticks, Mashed Potatoes, Peas, Cranberry Sauce, Milk.	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice. Lunch: Ham & Cheese Sandwiches, French Fries, Carrot Sticks, Melon, Milk.
11/12	11/13	11/14	11/15	11/16
Veteran's Day Observed	Breakfast: Breakfast Pizza, Cereals, Milk, Fresh Fruit, 100% Juice. Lunch: Taco Bowls, Salsa, Sour Cream, Cheese, Lettuce, Corn, Pineapple, Milk.	Breakfast: Croissants, Cereals, Milk, Fresh Fruit, 100% Juice. Lunch: Macaroni & Cheese, Peas, WG Biscuits, Mandarin Oranges, Milk.	Breakfast: Breakfast Sandwiches, Cereals, Milk, Fresh Fruit, 100% Juice. Lunch: Hot Dogs w/ WG Rolls, Coleslaw, Baked Beans, Apples, Milk.	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice. Lunch: Veggie or Cheese Pizza, Celery Sticks, Hummus, Peaches, Milk.
11/19	11/20	11/21	11/22	11/23
Breakfast: Breakfast Breads, Cereals, Milk, Fresh Fruit, 100% Juice. Lunch: Chicken Nuggets, Pasta Salad, Cucumbers, Applesauce, Milk.	Breakfast: Apple Turnovers, Cereals, Milk, Fresh Fruit, 100% Juice. Lunch: Meatball Subs, Carrot Sticks, Pears, Milk.	No School (Teacher Workshop)	Happy Thanksgiving!	
11/26	11/27	11/28	11/29	11/30
Breakfast: Breakfast Breads, Cereals, Milk, Fresh Fruit, 100% Juice. Lunch: Hamburgers (Plain or Cheese), Lettuce, Tomatoes, Celery Sticks, Pears, Milk.	Breakfast: Whole Grain Yeast Donut, Cereals, Milk, Fresh Fruit, 100% Juice. Lunch: Nachos w/ Meat & Cheese Sauce, Corn, Mixed Fruit, Milk.	Breakfast: Yogurt Cups, Cereals, Milk, Fresh Fruit, 100% Juice. Lunch: WG Turkey & Cheese Wrap, Lettuce, Tomatoes, Carrot Sticks, Peaches, Milk.	Breakfast: Breakfast Sandwiches, Cereals, Milk, Fresh Fruit, 100% Juice. Lunch: Salad Bar, WG Rolls, Pineapple, Milk.	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice. Lunch: Pepperoni or Cheese Pizza, Cucumbers, Watermelon, Milk.

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