

November 2018

Barkhamsted School

LUNCH



Alt: 10/29-11/02 Deli Ham Sandwich
 11/05-11/09 Chef Salad, Garlic Knot Roll
 11/12-11/16 Tuna Melt
 11/19-11/20 SHORT WEEK, No Alternate
 11/26-11/30 Deli Turkey Sandwich



Five food components are offered with each lunch – milk, grain, meat/meat alternate, fruit and vegetable. Students must select AT LEAST 3 out of the 5 components and 1 of the components must be 1/2c fruit or vegetable. Lunch menu subject to change. Lunch \$2.85

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY"

Monday

Tuesday

Wednesday

Thursday

Friday



Choice of Cereal Bowl **5**
 Honey Graham Crackers
 Ham Slice
 Raw Veggie Cup
 Assorted Fruit

**No School
 Professional
 Development
 Day** **6**

Pasta With Meat **7**
 Sauce
 WW Bread & Butter
 Steamed Broccoli
 Assorted Fruit

Hamburger or **8**
 Cheeseburger on a WW Roll
 Crinkle Fries
 Baked Beans
 Assorted Fruit

French Bread Pizza **9**
 Cooked Carrots
 Assorted Fruit

Mini French Toast **12**
 Syrup, Yogurt
 Cheese Stick
 Raw Veggie Cup
 Assorted Fruit

Grilled Cheese Sandwich **13**
 Soup, Crinkle Fries
 Raw Veggie Cup w/dipping
 Dressing
 Assorted Fruit

Cheese Ravioli with **14**
 Meatballs and Red Sauce
 Warm WW Dinner Roll
 Tossed Salad
 Assorted Fruit

Chicken and Gravy **15**
 Mashed potato, Cooked
 Carrots, Cranberry Sauce
 WW Dinner Roll
 Assorted Fruit

Tony's Single Serve Pizza **16**
 Steamed Broccoli
 Assorted Fruit

Mini Pancakes, Syrup **19**
 Ham Slice
 Raw Veggie Cup w/dipping
 dressing
 Assorted Fruit

Hot dog on a WW Roll **20**
 Baked Beans
 Sour Pickle Chips
 Assorted Fruit

No School **21**

Thanksgiving **22**

Break!!! **23**

Breakfast Sandwich to **26**
 order (choices: egg, ham,
 cheese)
 Raw veggie cup w/dipping
 dressing, Assorted Fruit

Hamburger or **27**
 Cheeseburger on a WW Roll
 Baked Beans
 Crinkle Fries
 Assorted Fruit

Pasta with Meat Sauce **28**
 WW Bread and Butter
 Steamed Broccoli
 Assorted Fruit

Chicken Tenders **29**
 Buttered Noodles
 Corn Kernel
 Assorted Fruit

BIG Daddy Cheese or **30**
 Pepperoni Pizza
 Cooked Carrots
 Assorted Fruit