

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Soft Taco Chicken Patty Sandwich on Whole Wheat bun Cheese Quesadilla (V) *Fruit & Veggie Bar Milk	Galaxy Pizza (V) Baked Chicken W/ Parmesan Noodles Hamburger or Veggie burger *Fruit & Veggie Bar Milk	Mac & Cheese (V) Hot Dog Meatloaf W/ Mashed Potatoes *Fruit & Veggie Bar Milk	Beef Dunkers W/ Rice Popcorn Chicken W/ Wheat Roll Bagel W/ Yogurt & Cream Cheese (V) *Fruit & Veggie Bar Milk	Chicken Nuggets Grilled Cheese Sandwich on Whole Wheat Bread (V) Fish Nuggets Tater Tots *Fruit & Veggie Bar Milk
Breakfast for Lunch French Toast W/ Egg (V) or Turkey Sausage Hamburger or Veggie Burger Blueberry Muffin & String Cheese *Fruit & Veggie Bar Milk	Beef Chili W/ Crackers Corn Dog Bean & Cheese Burrito (V) *Fruit & Veggie Bar Milk	Veterans' Day No School 	Roast Turkey W/ Mashed Potatoes Tony's Pizza (V) Sub Sandwich Goldfish Crackers *Fruit & Veggie Bar Milk	Chicken Nuggets BBQ Beef Sandwich Cheese Quesadilla (V) *Fruit & Veggie Bar Milk
Galaxy Pizza (V) Chicken Taquitos W/ Spanish Rice Bagel W/ Yogurt & Cream Cheese *Fruit & Veggie Bar Milk	Cheesy Beef Nachos Cheese Omelet W/ Tater Tots (V) Chicken Patty Sandwich on Whole Wheat Bun *Fruit & Veggie Bar Milk	Pasta W/ Marinara Sauce (V) Meatballs Chicken Nuggets W/ Breadstick Beef Soft Taco *Fruit & Veggie Bar Milk	Meatloaf W/ Mashed Potatoes Whole Grain Corndog Grilled Cheese Sandwich on Whole Wheat Bread (V) Treat Day *Fruit & Veggie Bar Milk	Breakfast for Lunch French Toast Sticks W/ Egg (V) or Turkey Sausage Hamburger or Veggie Burger Delish Sub Sandwich *Fruit & Veggie Bar Milk
			 NO SCHOOL	
Baked Chicken BBQ Beef Rib Sandwich Cheese Omelet W/ Tater Tots *Fruit & Veggie Bar Milk	*Fresh Fruit and Vegetable Bar Offered Daily Featuring: Fresh Salad Greens Canned Fruit Baby Carrots Raisins Fresh Fruit Of The Day		All burgers use Whole Wheat breads. V = Vegetarian Menu Subject to Change You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the Child Nutrition office at (925) 824.1807 or (925) 824.1809.	

Good for Kids; Good for Parents!

For parents with busy morning schedules, it's sometimes difficult to ensure that kids are eating a healthy breakfast before they head off to school. Children often aren't ready to eat right after waking up, and it can be challenging to find nutritious breakfast foods they like. Some kids refuse breakfast at home and discover that they're hungry when they arrive at school.

Studies have proven that kids who eat breakfast achieve higher academic scores, are more alert in class, visit the school nurse less often, and are better behaved in school.

Source: www.fns.usda.gov

Lunch:

Price: \$3.50 paid, \$0.40 reduced*, free* (*if qualified), \$4.25 adult

The School Lunch Program is operated in accordance with the U.S. Department of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap, or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Food service provided by Chartwells School Dining Services.

APPLE MAZE

Find your way through the apple to the other side.

