

Kensington Elementary School Lunch Menu November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1. Whole Wheat Pasta with Marinara Sauce Mozzarella Sticks Green Beans Raisins Salad Bar Milk	2. Chicken Pot Pie With Dinner Roll Fruit cocktail Salad Bar Milk	3. Personal Pan Pizza Caesar Salad Fruit and Veggie Bar Sun Butter Cookies Milk
6. Tomato Soup With Grilled Cheese on Whole Wheat Bread Fruit cocktail Salad Bar Milk	7. Twin Beef Tacos Spanish Rice Ranchero Beans Apple Salad Bar Milk	8. BBQ Pulled Pork Sliders on whole wheat rolls Oven Baked Sweet Potato Fries "Children's Choice" <u>Apple Jicama Cole Slaw</u> Salad Bar Milk	9. No School	10. No School
13. Cheesy/Baked Ziti Green Beans Garlic Bread Raisins Salad Bar Milk	14. Spicy Turkey, Bean, Cheese Burrito Mexican Corn / Spanish Rice Apple Sauce Cups Salad Bar / Milk "Taste It Tuesday" <u>Cream of Broccoli Soup</u>	15. Whole Grain Breaded Chicken Tenders Oven Baked French Fries Peas and Carrots Salad Bar Milk	16. Harvest Meal Roasted Turkey w/ pan gravy Homemade Bread Stuffing Fresh Mashed Potatoes Fresh Green Beans Cranberry Sauce Dinner Roll Apple Crisp Fresh Fruit / Milk	17. Stuffed Crust Pizza Caesar Salad Craisins (dried cranberry's) Fruit and Veggie Bar Milk
20. Vegetable Chicken and Rice Soup Cheesy Whole Wheat Pita Pocket Fruit cocktail Salad Bar Milk	21. "Children's Choice" <u>Baked Herb Crusted Haddock</u> Rice Pilaf Peas and Carrots Dinner Roll Salad Bar Milk	22. No School	23. Happy Thanksgiving No School	24. No School
27. Cheese Burger On Whole Wheat Buns Oven Baked French Fries Fruit Cocktail Salad Bar Milk	28. Chicken Nacho Toppings Bar colored peppers, green onions, diced tomato, roasted corn, black olives, black beans, sour cream, salsa. Cinnamon Apples / Milk "Taste It Tuesday" <u>Chicken Gumbo</u>	29. "Children's Choice" <u>Sweet & Sour Pork</u> with broccoli, carrots, pineapple, colored peppers Brown Rice Pineapple Tidbits Salad Bar Milk	30. Pancakes with maple syrup Scrambled Eggs Sausage Patty Orange Juice Fruit and Veggie Bar Milk	

This institution is an equal opportunity provider. Menus are subject to change.

Offered Daily: Yogurt Fun Plate: 4 oz. flavored yogurt with graham crackers, Sunbutter and Jelly Sandwich, Chicken Nuggets,

Hummus with fresh veggies and whole wheat pretzels for dipping!!

1% white milk and fat-free chocolate milk are served daily and included with every hot lunch purchased.

The Fruit and Salad Bar is included with every hot lunch purchased.

