

Welcome to our Lunch Cafe @

Glens Falls Elementary

November 2017

Monday

Tuesday

Wednesday

Thursday

Friday



HARVEST
of the
MONTH



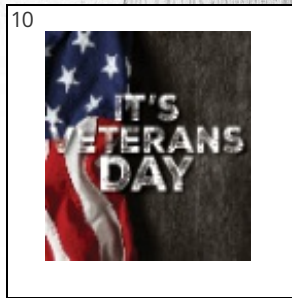
We proudly support clean, organic, local and sustainable agriculture.

6 Cheeseburger Burger
Lite Veggie Pasta Salad
Steamed Broccoli
Mixed Fruit
Fresh Pear

7 Mac & Cheese
pasta in cheese sauce, garnished with parsley
Whole Wheat Dinner Roll
Diced Pears
Fresh Red Delicious Apple

8 French Toast
Syrup
Sausage Patty
Hash Browns
Carroteenies
Cinnamon Applesauce
Fresh Banana

9 Soft Taco
Brown Rice
Red Pepper Strips
Diced Peach Cup
Fresh Red Delicious Apple



13 Egg and Cheese Sandwich
Sausage, Egg and Cheese Sandwich
Tator Tots
Carroteenies
Diced Pears
Fresh Red Delicious Apple

14 Roasted Turkey with Gravy
oven roasted turkey breast smothered with gravy
Corn Bread Stuffing
Side of Carrots
Cinnamon Applesauce
Fresh Orange

15 Chicken Bowl with Gravy
popcorn chicken layered with mashed potatoes and corn, smothered in gravy
Celery
Diced Peach Cup
Fresh Orange

16 Chicken Quesadilla
grilled flour tortilla filled with juicy chicken and melty cheese
Cheese Quesadilla
freshly grilled flour tortilla with melty cheese
Carroteenies
Red Pepper Strips
Cinnamon Applesauce
Fresh Banana

17 Pepperoni Pizza
Cheese Pizza
Bianco Pizza
pizza dough brushed with garlic and oil, topped with basil and mozzarella and ricotta cheeses
Garden Salad
Red Pepper Strips
Pineapple Tidbits
Fresh Red Delicious Apple

20 Pizza Bites
Side Salad
Carroteenies
Diced Peach Cup
Fresh Red Delicious Apple

21 Cheeseburger Burger
Lite Veggie Pasta Salad
Steamed Broccoli
Diced Pears
Fresh Banana

22 Thanksgiving Recess



24 Thanksgiving Recess

27 Mac & Cheese
Steamed Broccoli
Whole Wheat Dinner Roll
Carroteenies
Mixed Fruit
Fresh Red Delicious Apple

28 Pizza Bagel
Side Salad
Carroteenies
Diced Pears
Fresh Banana

29 Popcorn Chicken
Whole Wheat Dinner Roll
Carroteenies
Corn
Mixed Fruit
Plums

30 Sloppy Joe Nachos
tortilla chips topped with sloppy joe meat
Cheese Sauce
Peas and Carrots
Applesauce
Fresh Banana



SIMPLY ROOTED™ in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. This is because

we are Simply Rooted™ in food and family and use ingredients that are locally sourced, all natural, and organic or non-GMO, whenever possible.



Lunch Prices

Regular: \$2.20

Reduced: \$.25

If you have any questions or would like additional information regarding this menu please contact your food service director Larry Young at 518-798-1910 or youngl@whitsons.com

Available Daily

A side salad, with dark leafy greens and seasonal fresh vegetables

Assorted Deli Sandwiches with or without cheese and peanut butter and jelly sandwiches, all on whole grain breads/rolls

Hamburger or hot dog on a whole grain bun

Grab and Go Chef Salad served with a whole grain roll

A fruit and vegetable bar with fresh and chilled fruits, carrots, celery sticks, red pepper strips and green pepper strips

Choice of 1% white, fat free white, or fat free chocolate milk

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. USDA is an equal opportunity provider, employer, and lender.