



November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Burger Bar Choice of Beef or Turkey On WG Bun Baked French Fries Seasoned Corn	2 Baked Chicken Drumstick Fresh Mashed Potatoes Pizza Green Beans	3 Pasta with Meat Sauce Garden Salad WG Garlic Breadstick Vegetable Cups with Hummus Fresh Fruit	4 BBQ Chicken or Cheese Pizza Tossed Salad Vegetable Cups with Hummus Fresh Fruit
7 Cheesy Bosco Sticks Marinara Sauce Corn & Tomato Salad Fresh Fruit	8 No School Professional Development Day 	9 General Tao's Chicken Steamed Brown Rice Broccoli Florets Fresh Fruit	10 Sloppy Joe on WG Roll Seasoned Corn Tossed Salad Fresh Fruit	11 Chicken Tenders & Mozzarella Sticks Marinara Sauce Vegetable Cups with Hummus
14 Red Devil Chicken Patty Sandwich on WG Roll Baked Sweet Potato Fries Zucchini Parmesan	15 Turkey Burger Baked French Fries Steamed Mix Fresh Vegetables	16 Chicken Parmesan with Pasta WG Dinner Roll Tossed Salad Fresh Fruit	17 <i>Thanksgiving Dinner</i> Turkey, Mashed Potatoes, Green Bean Casserole, Stuffing & WG Dinner Roll Fresh Fruit	18 Fresh Baked Pizza Tossed Salad Vegetable Cups with Hummus
21 Hamburger or Cheeseburger on WG Roll Baked French Fries Lettuce & Sliced Tomato Fresh Fruit	22 Baked Macaroni & Cheese Green Beans Fresh Fruit	23 Chicken Patty on WG Roll Tossed Salad Vegetable Cups with Hummus Fresh Fruit	24  Happy Thanksgiving	25 No School
28 Popcorn Chicken Bowl Mashed Potatoes Seasoned Corn WG Dinner Roll Fresh Fruit	29 Breakfast at Lunch French Toast or Pancakes Sausage Links Hash Brown Patty Fresh Fruit	30 Mozzarella Sticks & Chicken Tenders Marinara Sauce WG Dinner Roll Fresh Fruit	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Questions? Contact Liz Paternostro Director of Food & Nutrition Services Liz.paternostro@easthaddamschools.org </div>	



Alternate Lunch
Daily



Boar's Head

Boar's Head Deli Bar
Salad Option
Chicken Option
Pizza Option

Lunch \$3.10
Breakfast \$1.60
If your student
receives FREE or
REDUCED lunch,
breakfast is FREE or
REDUCED!

All meals include: Raw
Veggie Cups & Hummus
Fruit: Fresh &/or Canned in
Lite Syrup or Juice.
Milk: 1% White or
Chocolate Skim



ADD \$ TO A STUDENT'S ACCOUNT @ mypaymentsplus.com
CALL THE OFFICE TO GET STUDENT ID # OR CHECK PAYABLE TO EAST HADDAM CAFETERIA FUND*