



# November 2016



Monday	Tuesday	Wednesday	Thursday	Friday
31 <i>Hauntingly Delicious</i> Chicken Fingers Blood Red Ketchup Baked French Fries Green Broccoli Heads Fresh Fruit	1 Cheeseburger on WG Bun Baked French Fries Seasoned Corn	2 Baked Chicken Drumstick Fresh Mashed Potatoes Pizza Green Beans* Fresh Fruit	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 <b>No School</b> <b>Professional Development Day</b>  	9 Chicken Nuggets Baked French Fries Steamed Green Beans Fresh Fruit	10 Taco Day WG Tortillas Romaine, Tomato, Cheese Vegetable Cups with Hummus	11 Chicken Tenders & Mozzarella Sticks Marinara Sauce Vegetable Cups with Hummus
14 Chicken Patty Sandwich on WG Roll Baked Sweet Potato Fries Seasoned Corn	15 Hot Dog on WG Bun Baked French Fries Steamed Mixed Vegetables	16 Winter Vegetable Soup with Noodles Grilled Cheese Sandwich Fresh Fruit	17 <i>Thanksgiving Dinner</i> Turkey, Mashed Potatoes, Green Beans, 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 Tenders Baked French Fries WG Dinner Roll Tossed Salad Vegetable Cups with Hummus	24  <b>Happy Thanksgiving</b>	25 <b>No School</b>
28 Popcorn Chicken Bowl Mashed Potatoes Seasoned Corn WG Dinner Roll Fresh Fruit	29 French Toast or Mini 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: 0 auto;">                     Questions? Contact Liz Paternostro                      Director of Food &amp; Nutrition Services                      Liz.paternostro@easthaddamschools.org                 </div>	

**Alternate Lunch Daily**



**Boar's Head**

Boar's Head Deli Bar  
Chicken Option  
Pizza Option  
Assorted Salads

**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](http://mypaymentsplus.com)  
CALL THE OFFICE TO GET STUDENT ID # OR CHECK PAYABLE TO EAST HADDAM CAFETERIA FUND\*

Menu Subject To Change