SCHOOLHOUSE GRILL
School Meal Specialists

Sparkles! Fair Oaks - Lunch

November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS	Fresh Fruits Used Daily - Chilled Fruits used on days Produce is not Ripened	Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges, Pears, Diced Pears, Peaches, Apple Sauce	Cheesy Baked Ziti ½ c Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Fresh or Chilled Fruit Veggie: Cheesy Baked Ziti	Salisbury Steak 1 ea & Gravy w/ Whole Grain Rice ¼ c Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Veggie Patty Fresh or Chilled Fruit
5	6	7	8	9
Whole Grain Baked Chicken Nuggets 4 ea California Mixed Vegetables ¼ c Veggie: Morningstar Chik'n Nuggets 4 ea Fresh or Chilled Fruit	Spiral Mac & Cheese ½ c Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip Veggie: Creamy Mac & Cheese Fresh or Chilled Fruit	"Breakfast For Lunch" French Toast Sticks 3 ea w/ Syrup; Chicken Sausage Patty 1 ea; Veggie: Morningstar Breakfast Patty Fresh or Chilled Fruit	Italian Turkey Meatball 3 ea Sub Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Veggie Italian Meatless Meatball Sub Fresh or Chilled Fruit	Baked Chicken Fingers 3 ea Cooked Sweet Baby Peas ¼ c Veggie: Morningstar Chik'n Nuggets 4 ea Fresh or Chilled Fruit
12	13	14	15	16
Whole Grain Baked Chicken Nuggets 4 ea Sweet Yellow Corn ¼ c Veggie: Morningstar Chik'n Nuggets 4 ea Fresh or Chilled Fruit	Chicken Fajita Rice Bowl (Chicken Fajita 2 oz over Rice ¼ c w/ Cheddar Cheese); Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip; Veggie: Bean Rice Bowl; Fresh or Chilled Fruit	"Breakfast For Lunch" Jumbo Square Waffles 2 ea w/ Syrup; Chicken Sausage Patty 1 ea; Veggie: Morningstar Breakfast Patty Fresh or Chilled Fruit	Four Cheese Ravioli w/ Marinara Sauce ½ c Five-Way Hot Mixed Vegetables ¼ c Veggie: Cheese Ravioli Fresh or Chilled Fruit	Chicken & Broccoli Fried Rice ½ c Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Vegetable Fried Rice Fresh or Chilled Fruit
19	20	21	22	23
Flame Grilled Hamburger on Bun 1 ea Fresh Green Beans ¼ c Veggie: Veggie BOCA Burger on Bun Fresh or Chilled Fruit	Baked Chicken Fingers 3 ea Cooked Carrot Coins ¼ c Veggie: Morningstar Chik'n Nuggets 4 ea Fresh or Chilled Fruit	Cheesy Baked Ziti ½ c Five-Way Hot Mixed Vegetables ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit	Thanksgiving Holiday School Closed	Thanksgiving Holiday School Closed
26	27	28	29	30
Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce ½ c Cooked Sweet Baby Peas ¼ c Veggie: Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce Fresh or Chilled Fruit	Whole Grain Baked Chicken Nuggets 4 ea Sweet Yellow Corn ¼ c Veggie: Morningstar Chik'n Nuggets 4 ea Fresh or Chilled Fruit	"Breakfast For Lunch" Buttermilk Pancakes 2 ea w/ Syrup; Chicken Sausage Patty 1 ea; Veggie: Morningstar Breakfast Patty Fresh or Chilled Fruit	Hawaiian Meatballs 3 ea & Enriched Long Grain Rice ¼ c Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Hawaiian Veggie Balls Fresh or Chilled Fruit	Breaded Chicken Patty on Bun 1 ea Fresh Green Beans ¼ c Veggie: Veggie Chik Patty Fresh or Chilled Fruit