



SARATOGA SPRINGS ELEMENTARY SCHOOLS



MENU- NOVEMBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2) FRENCH TOAST W/ APPLESAUCE OR JUICE, MILK HAMBURGER, CHEESEBURGER OR VEGGIE BURGER ON A WHOLE GRAIN ROLL W/ LETTUCE & TOMATO, SHELDON FARM ROASTED POTATOES, FRUIT, MILK *CAROLINE ST.- GRANDPARENT LUNCHEON- FRESH PIZZA LUNCH, GR. SALAD, FRUIT, MILK	3) TOASTED BAGEL W/ PB&J, FRUIT OR JUICE, MILK MACARONI AND CHEESE BROCCOLI VARIETY OF FRUIT, MILK	4) CORN MUFFIN, STRING CHEESE FRUIT OR JUICE, MILK CHICKEN CAESAR WRAP WHOLE GRAIN SALAD (MADE W/ GUINOA) VARIETY OF FRUIT, MILK	5) EGG AND CHEESE ON AN ENGLISH MUFFIN, FRUIT OR JUICE, MILK SPAGHETTI W/ MEAT SAUCE OR MARINARA SAUCE, ITALIAN BREAD GREEN BEANS VARIETY OF FRUIT, MILK	6) WAFFLES W/ PEACHES OR JUICE MILK FRESH CHEESE OR VEGGIE PIZZA MADE W/ PART SKIM MOZZ. CHEESE TOSSED SALAD W/ LOW FAT DRESSING VARIETY OF FRUIT, MILK
9) PANCAKES W/ BLUEBERRIES OR JUICE, MILK CHICKEN STIR FRY FLUFFY RICE VARIETY OF FRUIT, MILK	10) FRENCH TOAST W/ APPLESAUCE OR JUICE, MILK GRILLED CHEESE SANDWICH TOMATO SOUP SANDWICH W/ CRACKERS, VARIETY OF FRUIT, MILK	11) <u>NO SCHOOL</u> <u>VETERANS DAY</u>	12) YOGURT, FRESH MUFFIN, FRUIT OR JUICE, MILK FRESH CHEESE OR VEGGIE PIZZA MADE W/ PART SKIM MOZZ. CHEESE TOSSED SALAD W/ LOW FAT DRESSING VARIETY OF FRUIT, MILK	13) TOASTED BAGEL W/ PB&J, FRUIT OR JUICE, MILK <u>EARLY DISMISSAL</u> <u>NO LUNCHESES SERVED TODAY</u> <u>PARENT/TEACHER</u> <u>CONFERENCES</u>
16) FRENCH TOAST W/ APPLESAUCE OR JUICE, MILK HAMBURGER, CHEESEBURGER OR VEGGIEBURGER ON A WHOLE GRAIN ROLL W/ LETTUCE & TOMATO, SHELDON FARM ROASTED POTATOES, FRUIT, MILK	17) BREAKFAST PIZZA, FRUIT OR JUICE MILK ROASTED HERB CHICKEN FLUFFY RICE SQUASH VARIETY OF FRUIT, MILK	18) EGG AND CHEESE ON AN ENGLISH MUFFIN, FRUIT OR JUICE MILK <u>EARLY DISMISSAL</u> <u>NO LUNCHESES SERVED TODAY</u> <u>PARENT/TEACHER CONFERENCES</u>	19) TOASTED BAGEL W/ PB&J, FRUIT OR JUICE, MILK ROAST TURKEY W/ GRAVY MASHED OR SWEET POTATOES STUFFING PUMPKIN CRUNCH, VARIETY OF FRUIT, MILK	20) PANCAKES W/ BLUEBERRIES OR JUICE, MILK FRESH CHEESE OR VEGGIE PIZZA MADE W/ PART SKIM MOZZ. CHEESE TOSSED SALAD W/ LOW FAT DRESSING VARIETY OF FRUIT, MILK
23) WAFFLES W/ PEACHES OR JUICE, MILK GRILLED CHICKEN ON A WHOLE GRAIN ROLL CORN VARIETY OF FRUIT, MILK	24) YOGURT, FRESH MUFFIN, FRUIT OR JUICE, MILK <u>EARLY DISMISSAL</u> <u>NO LUNCHESES SERVED TODAY</u> <u>PARENT/TEACHER CONFERENCES</u>	25) TOASTED BAGEL W/ PB&J, FRUIT OR JUICE, MILK BUILD YOUR OWN BURRITO W/ BEEF, BEANS, ONIONS, PEPPERS SALSA AND MORE... VARIETY OF FRUIT, MILK	26) <u>NO SCHOOL</u> <u>THANKSGIVING RECESS</u>	27) <u>NO SCHOOL</u> <u>THANKSGIVING RECESS</u>
30) TOASTED BAGEL W/ PB&J, FRUIT OR JUICE, MILK HAMBURGER, CHEESEBURGER OR VEGGIEBURGER ON A WHOLE GRAIN ROLL W/ LETTUCE & TOMATO, ROASTED CAULIFLOWER, FRUIT, MILK				

MENU SUBJECT TO CHANGE WITHOUT NOTICE BREAD & MILK OFFERED DAILY

A COMPLETE Breakfast is \$1.00. **Breakfast Alternative:** Cold cereal, toast, fruit, and milk. A COMPLETE Lunch is \$2.25. All Type A meals include choice of 1%, skim, low fat choc. milk. **Lunch Alternate:** PBJ or deli sandwich meals w/veg. fruit, & milk offered. **Reduced Lunch** \$.25. Students Milk ala carte \$.40 STUDENTS MAY PRE-PAY MEALS ON THEIR ACCTS. PLEASE MAKE CHECKS PAYABLE TO THE SCHOOL LUNCH PROGRAM.

PLEASE PUT STUDENTS NAME, PIN # AND SCHOOL ON THE CHECK. For more information call 583-4704. VIEW MENU ON LINE- www.saratogaschools.org.

LUNCH ENTRÉE-CHOOSE ONE

FRUIT/VEGETABLE-CHOOSE TWO

MILK-CHOOSE ONE

SPECIAL OF THE DAY ON MENU

VEGGIE OF THE DAY ON MENU

LOW FAT, 1% MILK

SUBMARINE SANDWICH

FRESH VEGGIE CHOICE W/ LOW FAT DIP

SKIM MILK

PB&J SANDWICH, SALAD W/ LOW FAT DRESSING ASSORTED FRESH FRUIT, CANNED FRUIT, JUICE 100%

LOW FAT CHOCOLATE MILK