

Happy Thanksgiving

NOVEMBER 2021 MENU

CHERRY VALLEY-SPRINGFIELD CENTRAL SCHOOL


OFFER VS. SERVE:

CAFETERIA MUST OFFER ALL 5 MEAL COMPONENTS:

M/MA-MEAT/MEAT ALTERNATE, G-GRAINS, F-FRUITS, M-MILK

V-VEGETABLES-ALL 5 SUB GROUPS: DARK GREEN, STARCHY, RED & ORANGE, BEANS & PEAS AND OTHER
STUDENTS MUST CHOOSE A FRUIT OR VEGETABLE & AT LEAST 2 OTHER COMPONENTS (TOTAL OF 3)
STUDENTS MAY CHOOSE UP TO ALL 5 COMPONENTS. 9-12 GRADES MAY CHOOSE 2 FRUITS & 2 VEGETABLES
MENU SUBJECT TO CHANGE

Other lunch options include: salad with grilled chicken, pbj sandwich or yogurt/cheese stick

<p>NOV. 1</p> <p><i>Bologna/cheese or tuna Sandwich</i> <i>Whole grain bread</i> <i>Bean salad</i> <i>Fruit</i> <i>Fat free choc. Or 1% milk</i></p>	<p>NOV. 2</p> <p><i>Sweet and sour chicken</i> <i>Steamed rice</i> <i>Stir fry vegetables</i> <i>Fresh orange wedges</i> <i>Fat free choc., or 1% milk</i></p>	<p>NOV. 3</p> <p><i>Macaroni and cheese</i> <i>Whole grain roll</i> <i>Steamed carrots</i> <i>Fruit</i> <i>Fat free choc., or 1% milk</i></p>	<p>NOV. 4</p> <p><i>Fish patty with cheese and tartar sauce</i> <i>Whole grain bun</i> <i>Baked French fries</i> <i>Fresh fruit</i> <i>Fat free choc., or 1% milk</i></p>	<p>NOV.5</p> <p><i>Cheeseburger pizza with pickles and lettuce</i> <i>Whole grain crust</i> <i>Crisp romaine salad</i> <i>Fruit</i> <i>Fat free choc., or 1% milk</i></p>
<p>NOV. 8</p> <p>Chicken sandwich with choice of BBQ, ranch or hot sauce Whole grain bun Baked tater tots Fresh fruit <i>Fat free choc., or 1% milk</i></p>	<p>NOV. 9</p> <p><i>Grilled cheese</i> <i>Whole grain bread</i> <i>Creamy tomato soup</i> <i>Crunchy carrot sticks</i> <i>Fruit</i> <i>Fat free choc., or 1% milk</i></p>	<p>NOV. 10</p> <p><i>Ziti with meat sauce</i> <i>Whole grain roll</i> <i>Crisp Romaine salad</i> <i>Fruit</i> <i>Fat free choc. Or 1% milk</i></p>	<p>NOV. 11</p> 	<p>NOV. 12</p> <p>Hot dog Whole grain bun Boston baked beans Fresh fruit <i>Fat free choc., or 1% milk</i></p>
<p>NOV. 15</p> <p>Spaghetti with meat sauce Garlic bread Steamed carrots Fruit <i>Fat free choc. Or 1% milk</i></p>	<p>NOV. 16</p> <p><i>Taco meat nachos with cheese, salsa, sour cream</i> <i>Whole grain tortilla chips</i> <i>Black bean salad</i> <i>Fruit</i> <i>Fat free choc., or 1% milk</i></p>	<p>NOV. 17</p> <p><i>Brunch for lunch</i> <i>French toast bites/pancakes</i> <i>Sausage links</i> <i>Sweet potato fries</i> <i>Fruit</i> <i>Fat free choc., 1% milk</i></p>	<p>NOV. 18</p> <p><i>Chicken Caesar salad with Romaine and cheese</i> <i>Whole grain roll</i> <i>Applesauce</i> <i>Fat free choc., or 1% milk</i></p>	<p>NOV. 19</p> <p>Thanksgiving lunch Fresh roasted turkey with gravy Whole grain roll Mashed potatoes, corn Cranberry sauce, fruit Treer <i>Fat free choc., or 1% milk</i></p>
<p>NOV. 22</p> <p>Deli day, ham or turkey sandwiches with cheese Whole grain bread Pickles, lettuce Fruit <i>Fat free choc., or 1% milk</i></p>	<p>NOV. 23</p> <p><i>Scalloped potatoes with ham and cheese</i> <i>Whole grain roll</i> <i>Fresh fruit</i> <i>Fat free choc., or 1% milk</i></p>	<p>NOV. 24</p> <p>No School</p> <p>Thanksgiving break</p>	<p>NOV. 25</p> 	<p>NOV. 26</p> <p>No School</p> <p>Thanksgiving break</p>
<p>NOV. 29</p> <p><i>Chicken riggies</i> <i>Whole grain roll</i> <i>Crisp romaine salad</i> <i>Fruit</i> <i>Fat free choc., or 1% milk</i></p>	<p>NOV. 30</p> <p><i>Taco Tuesday with cheese, salsa, sour cream</i> <i>Whole grain tortillas</i> <i>Fiesta black beans</i> <i>Fruit</i> <i>Fat free choc., or 1% milk</i></p>			