



Baltimore County Public Schools
Elementary Menu
NOVEMBER, 2009

LUNCH MENU

<i>Monday, Nov. 2</i>	<i>Tuesday, Nov. 3</i>	<i>Wednesday, Nov. 4</i>	<i>Thursday, Nov. 5</i>	<i>Friday, Nov. 6</i>
ENTRÉES - Choose 1 Chicken Patty Sandwich Macaroni and Cheese w/ Roll* SIDES - Choose Up To 2 Green Beans Applesauce Assorted Fresh Fruit Juice Choice of Milk	ENTRÉES - Choose 1 Pizza* Hot Dog SIDES - Choose Up To 2 Baked Beans Mixed Fruit Assorted Fresh Fruit Juice Choice of Milk	ENTRÉES - Choose 1 Chicken Nuggets Spaghetti w/ Meat Sauce SIDES - Choose Up To 2 Broccoli Fruit Crisp Assorted Fresh Fruit Juice Choice of Milk	ENTRÉES - Choose 1 Pizza* BBQ Grilled Chicken Sandwich SIDES - Choose Up To 2 Mixed Vegetables Peaches Assorted Fresh Fruit Juice Choice of Milk	PROFESSIONAL DEVELOPMENT DAY SCHOOLS CLOSED
<i>Monday, Nov. 9</i>	<i>Tuesday, Nov. 10</i>	<i>Wed., Nov. 11</i>	<i>Thursday, Nov. 12</i>	<i>Friday, Nov. 13</i>
ENTRÉES - Choose 1 Pancakes & Sausage Links Cold Cut Sub Choose Up To 2 Potato Wedges Blueberries Assorted Fresh Fruit Juice Choice of Milk	ENTRÉES - Choose 1 Pizza* Teriyaki Chicken Nuggets w/ Chicken Flavored Rice Choose Up To 2 Spinach Pineapple Assorted Fresh Fruit Juice Choice of Milk	ENTRÉES - Choose 1 Chicken Nuggets Grilled Cheese Sandwich* Choose Up To 2 Tomato Soup Applesauce Assorted Fresh Fruit Juice Choice of Milk	ENTRÉES - Choose 1 Roast Turkey w/ Stuffing Cranberry Sauce Mashed Potatoes and Gravy Free Cookie Choose Up To 2 Green Beans Fruit Cup Assorted Fresh Fruit Juice Choice of Milk	ENTRÉES - Choose 1 Chicken Nuggets Manager's Choice Entrée Choose Up To 2 Fresh Vegetables & Dip Assorted Canned Fruit Assorted Fresh Fruit Juice Choice of Milk
<i>Monday, Nov. 16</i>	<i>Tuesday, Nov. 17</i>	<i>Wed. Nov. 18</i>	<i>Thursday, Nov. 19</i>	<i>Friday, Nov. 20</i>
ENTRÉES - Choose 1 Spicy Chicken Strips w/Cornbread Loaf Mozzarella Dippers w/ Sauce* Choose Up To 2 Mixed Vegetables Peaches Assorted Fresh Fruit Juice Choice of Milk	ENTRÉES - Choose 1 Pizza* Hamburger / Cheeseburger Choose Up To 2 Glazed Baby Carrots Pineapple Assorted Fresh Fruit Juice Choice of Milk	ENTRÉES - Choose 1 Chicken Nuggets Fiesta Mac and Beef Choose Up To 2 Tossed Salad Mixed Fruit Assorted Fresh Fruit Juice Choice of Milk	ENTRÉES - Choose 1 Pizza* General Tso's Turkey and Broccoli Over Rice Choose Up To 2 Broccoli Applesauce Assorted Fresh Fruit Juice Choice of Milk	ENTRÉES - Choose 1 Chicken Nuggets Hot Dog Choose Up To 2 Fresh Vegetables & Dip Assorted Canned Fruit Assorted Fresh Fruit Juice Choice of Milk
<i>Monday, Nov. 23</i>	<i>Tuesday, Nov. 24</i>	<i>Wednesday Nov. 25</i>	<i>Thursday, Nov. 26</i>	<i>Friday, Nov. 27</i>
ELEMENTARY SCHOOLS CLOSED ELEMENTARY CONFERENCE DAY	ENTRÉES - Choose 1 Pizza* Hamburger / Cheeseburger Choose Up To 2 Green Beans Cinnamon Apples Assorted Fresh Fruit Juice Choice of Milk	ENTRÉES - Choose 1 Chicken Nuggets Fish & Star Nuggets* Choose Up To 2 Sweet Potato Fries Assorted Canned Fruit Assorted Fresh Fruit Juice Choice of Milk	THANKSGIVING HOLIDAY SCHOOLS AND OFFICES CLOSED	

Monday, Nov. 30

ENTRÉES - Choose 1
Chicken Patty Sandwich

Beef Ravioli w/ Roll

SIDES - Choose Up To 2

Green Beans

Applesauce

**Assorted Fresh Fruit
 Juice**

Choice of Milk

Breakfast literally means to “**break the fast**”.

Overnight your body will have gone 8 to 12 hours without food and it needs to refuel.

School breakfast provides students with 1/3 of their minimum daily, dietary requirement.

Typical breakfast foods offered at school include:

- Cereals made with whole grains
- 100% fruit juice
- Whole wheat, reduced fat, breakfast buns
- Power Wheels which are high in fiber and fortified with iron
- 1% milk

BREAKFAST MENU

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Egg Tac-Go	French Toast Sticks	Breakfast Pizza 🐷	Breakfast Sandwich	Flapstick 🐷
Power Wheels ☼	Whole Wheat Breakfast Bun	String Cheese ☼	Bagel w/ Margarine	Assorted Cold Entrees
Cereal ☼	Cereal ☼	Cereal ☼	Cereal ☼	Cereal ☼
Fresh Fruit or Juice	Fresh Fruit or Juice	Fresh Fruit or Juice	Fresh Fruit or Juice	Fresh Fruit or Juice
Milk	Milk	Milk	Milk	Milk

☼ **Students who choose these items may choose an additional item from the list below:**

Graham Crackers

Animal Crackers

String Cheese

Meal Information

Entrees containing pork are indicated by 🐷

Meatless entrees are indicated by *

Yogurt w/soft pretzel and other vegetarian options are available daily upon request.

We offer 2%, 1%, and skim milk.

If you have a food allergy or special dietary needs, notify your school nurse.

All deli meats, hot dogs, and corn dogs are made with either turkey or chicken.

Products are purchased from reputable vendors such as Gold Kist, Tyson Foods, Tony’s Pizza, and McCain Foods, to name a few.

The Lunch Menu

Lunch includes one entrée, bread / grain, a choice of two different vegetables and/or fruit / fruit juice and a choice of milk. Students must select at least three of the five items to qualify for the lunch meal price. If less than three items are selected, a la carte prices will be charged.

Meal Prices Elementary Schools

Breakfast

Paid \$1.40

Reduced \$.30

Lunch

Paid \$2.90

Reduced \$0.40

Payment Options

The school cafeterias use a computerized point-of-sale system. The system is programmed to know which students are eligible for paid, free, or reduced price meals.

Students may elect to prepay for meals or snack items by depositing money into their account. Send a “Prepayment Form” along with cash or check (made payable to the school cafeteria) to the Cafeteria Manager or Person-in-Charge. The Prepayment Form is available from the school cafeteria or on line at -<http://www.bcps.org/offices/ofns/pdf/Lunch-Breakfast-PrePayment-Form.pdf>