



ELMONT UNION FREE SCHOOL DISTRICT







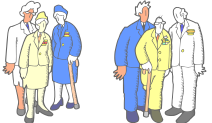







NOVEMBER 2010



Appropriate condiments will be offered daily.

Menu subject to change without notice.

See reverse side for breakfast menu.

Monday	Tuesday	Wednesday	Thursday	Friday	Lunch Prices
1/ Hamburger on a Bun Oven Potatoes Choice of Fruit Chilled Milk  	2/ ELECTION DAY No School 	3/ Pizza Slice Garden Greens with Choice of Dressing 100% Fruit Juice Choice of Chilled Milk 	4/ Meatloaf with Mashed Potatoes and Gravy French Bread & Butter Seasoned Green Beans Fruit Cup Choice of Chilled Milk 	5/ Popcorn Chicken Seasoned Rice Golden Corn Fruit Dessert Choice of Chilled Milk  	 Student Lunch 1.25 Reduced Price Lunch .25 Student Price Breakfast .80 Student Reduced Price Breakfast .25 Adult Price Lunch (Tax Included) 3.22 Adult Price Breakfast (Tax Included) 2.01
8/ Philly Cheese Mashed Potatoes with Gravy French Bread & Butter Fruit Dessert Choice of Chilled Milk 	9/ BBQ Chicken Nuggets French Bread & Butter Carrot Coins Fruit Dessert Choice of Chilled Milk 	10/ Half Day School NO LUNCH ----- Breakfast will be Served	11/ Veterans' Day No School 	12/ Superintendent's Conference Day No School 	Student A La Carte Main Dish (SECOND ENTRÉE) Lunch .95 Main Dish (SECOND ENTRÉE) Breakfast .60 All Milk .55 Ice Cream .65 4 oz. yogurt .60 Sun chips, Baked Lays .40 4 oz. 100% Fruit Juice .30 8 oz. 100% Fruit Juice .60 Bottled Spring Water (16.9 oz.) .75 Bottled Spring Water (8 oz.) .65 Linden Cookies 2 pack .75 Home-baked Chocolate Chip Cookies .50 Dessert Cookie, 2/.25 Saltine Crackers/Graham Crackers .15 Animal Crackers .40 Kidzels .50 Goldfish/Dolphin Crackers .50 Pretzel Rod .10 Tossed Salad (10 oz. Bowl)-Shredded Lettuce, Carrots & Cucumbers w/Dressing Choice .65
15/ Cheese Quesadilla Seasoned Broccoli Florets Fruit Dessert Choice of Chilled Milk 	16/ Popcorn Chicken Seasoned Rice Mixed Vegetables Pineapple Cup Choice of Chilled Milk 	17/ Real Pizza Slice Mixed Greens with Choice of Dressing 100% Fruit Juice Choice of Chilled Milk	18/ Holiday Meal Turkey with Gravy Corn Bread Criss Cut Sweet Potato Fries Fresh Fruit Choice of Chilled Milk	19/ Hamburger on a Bun Oven Potatoes Choice of Fruit Choice of Chilled Milk 	
22/ Popcorn Chicken Mixed Vegetables French Bread & Butter Fruit Dessert Choice of Chilled Milk 	23/ Meatball Hero With Tomato Sauce Seasoned Green Beans Fruit Dessert Choice of Chilled Milk 	24/ Pizza Slice Health Salad with Choice of Dressing 100% Fruit Juice Choice of Chilled Milk 	25/ NO SCHOOL THANKSGIVING 	26/ NO SCHOOL 	
29/ Brunch for Lunch Cheese Omelet on a Roll Hash Brown Potatoes Orange Juice Choice of Chilled Milk 	30/ Cheese Ravioli with Tomato Sauce French Bread & Butter Seasoned Green Beans Fruit Dessert Choice of Chilled Milk 	Available daily as a substitute for Main Dish—Peanut Butter and Jelly, ♥Cold Cut Sandwich, and American Cheese Sandwich. Child may request Peanut Butter without Jelly. Fresh fruit available daily. Milk choices are 1% white, 1% Chocolate, 1% Strawberry, and Skim.			<u>WE DO NOT SERVE FRIED FOODS OR PORK PRODUCTS!!!!</u> <u>Choose Sensibly!</u> When it comes to snack, choose the ones with 7 grams or less of fat, 2 grams or less of Sat. Fat, 360 mg. or less of Sodium, and 15 grams or less of sugar. ♥denotes Turkey Product

Visit our web site each month www.elmontschools.org to view our menu for the month.



Trying out a new ala carte item – **SoNu Water** – 12 oz. Organic, vitamins, electrolytes, antioxidants, in 3 fruit flavors – Pomegranate/Acai, Strawberry/Cranberry, and Mango/Peach. Cost is \$1.00.