



# November 2018

## Elementary Lunch Empire, Fremont, Mark Twain

<p><b>side items</b></p>	<p><b>side items</b></p>	<p><b>side items</b></p>	<p><b>1</b> Beef Tacos <b>Hamburger</b> Turkey &amp; Cheese Sub</p> <p><b>side items</b></p> <p>Refried Beans Celery Sticks Garden Salad Applesauce Fruit Cup</p>	<p><b>2</b> <b>Pepperoni Pizza</b> Chicken Patty Sandwich All American Wrap</p> <p><b>side items</b></p> <p>Baby Carrots Cauliflower Garden Salad Fresh Apple 100% Orange Juice</p>
<p><b>5</b> <b>Fish Bites w/ Roll</b> Meatball Sub Make Your Own Pepperoni Pizza Bagel</p> <p><b>side items</b></p> <p>Seasoned Crisscut Fries Grape Tomatoes Garden Salad Fresh Fruit Mixed Fruit</p>	<p><b>6</b> BBQ Chicken Sandwich <b>Chicken Tenders w/ Roll</b> Turkey Sub</p> <p><b>side items</b></p> <p>Roasted Cauliflower Cucumbers Garden Salad Apple Slices Diced Pears</p>	<p><b>7</b> Penne w/ Meatsauce <b>Italian Dunkers w/ Marinara</b> All American Sandwich</p> <p><b>side items</b></p> <p>Green Beans Celery Sticks Garden Salad Fresh Banana Diced Peaches</p>	<p><b>8</b> Spicy Chicken Sandwich <b>Hotdog on Bun</b> Chicken Chef Salad w/ Roll</p> <p><b>side items</b></p> <p>Campfire Beans Baby Carrots Garden Salad Applesauce Fresh Fruit</p>	<p><b>9</b> <b>Cheese Pizza</b> BBQ Riblet Sandwich Sunbutter &amp; Jelly Sandwich</p> <p><b>side items</b></p> <p>Whole Kernel Corn Fresh Broccoli Garden Salad Mixed Berry Fruit Cup Orange Juice</p>
<p><b>12</b> <b>No School Veterans Day</b></p> <p><b>side items</b></p>	<p><b>13</b> Grilled Cheese Sandwich <b>Bean &amp; Cheese Burrito</b> Turkey &amp; Cheese Wrap</p> <p><b>side items</b></p> <p>Green Beans Cucumbers Garden Salad Apple Slices Diced Pears</p>	<p><b>14</b> Tangerine Chicken w/ Rice <b>Hamburger</b> Chicken &amp; Cheese Salad w/ Roll</p> <p><b>side items</b></p> <p>Steamed Broccoli Garden Salad Fresh Cauliflower Fresh Banana Diced Peaches</p>	<p><b>15 Thanksgiving Dinner</b> Turkey w/ Gravy &amp; Roll <b>Corndog</b></p> <p><b>side items</b></p> <p>Mashed Potatoes Green Beans Apple Slices 100% Fruit Juice Pumpkin Spice Ice Cream Cup</p>	<p><b>16</b> <b>Pepperoni Pizza</b> Chicken Patty Sandwich Turkey &amp; Cheese Sandwich</p> <p><b>side items</b></p> <p>Baby Carrots Cucumbers Garden Salad Mixed Berry Fruit Cup 100% Orange Juice</p>
<p><b>19</b> <b>Breaded Drumstick w/ Roll</b> BBQ Riblet Sandwich Chicken Chef Salad w/ Roll</p> <p><b>side items</b></p> <p>Mashed Potatoes Garden Salad Grape Tomatoes Fresh Fruit Mixed Fruit</p>	<p><b>20</b> Italian Dunkers w/ Marinara <b>Cheeseburger</b> Make Your Own Flatbread Pizza</p> <p><b>side items</b></p> <p>Roasted Carrots Garden Salad Fresh Cauliflower Apple Slices Diced Pears</p>	<p><b>22</b> <b>No School Thanksgiving</b></p> <p><b>side items</b></p>	<p><b>23</b> <b>No School Thanksgiving</b></p> <p><b>side items</b></p>	<p><b>24</b> <b>No School Thanksgiving</b></p> <p><b>side items</b></p>
<p><b>26 Birthday Celebration</b> <b>Mini Confetti Pancakes w/ Sausage Patties</b> Turkey &amp; Cheese Sub</p> <p><b>side items</b></p> <p>Tater Tots Fresh Broccoli Garden Salad Mixed Fruit Fresh Fruit</p>	<p><b>27</b> Penne w/ Meatsauce <b>Bean &amp; Cheese Burrito</b> Mozzarella &amp; Cheddar Salad w/ Roll</p> <p><b>side items</b></p> <p>Green Beans Baby Carrots Garden Salad Apple Slices Diced Pears</p>	<p><b>28</b> <b>Italian Dunkers w/ Marinara</b> Corndog Make Your Own Pepperoni Pizza Bagel</p> <p><b>side items</b></p> <p>Whole Kernel Corn Garden Salad Fresh Cauliflower Fresh Banana Diced Peaches</p>	<p><b>29</b> Fish Bites w/ Roll <b>Boneless Wings w/ Roll</b> All American Wrap</p> <p><b>side items</b></p> <p>Kickin' Pintos Celery Sticks Garden Salad Applesauce Fresh Fruit</p>	<p><b>30</b> <b>Pepperoni Pizza</b> Hamburger Sunbutter &amp; Jelly</p> <p><b>side items</b></p> <p>Baby Carrots Cucumbers Garden Salad 100% Orange Juice Mixed Berry Fruit Cup</p>



**Choose and Entree:** Our featured hot entrée, a hot handheld favorite; and a salad or a sandwich  
**Take up to 3 sides:**  
 Each meal includes: fresh varieties of fruit, and a healthful rotation of vegetables

**Menu Subject to change**

### Additional Information

#### Meal Prices

Breakfast—\$1.50 Lunch \$2.85  
 NO charge for students at Empire



**Grain Choice**  
 We use only heart-healthy whole grain breads and rolls



**Milk Choice**  
 1% low fat & unflavored/ flavored fat-free choices \$.50