



November 2014 Elementary Menu




<p>3</p> <p>Breakfast Items Banana Bread Oranges 100% Juice</p> <p>Entrees Flame-Broiled Cheeseburger WG Chicken Nuggets with Ranchup Sauce Applesauce or Pears Sweet Potato Tots</p> <p><i>Students must choose at least 1/2 cup fruit or vegetable at both breakfast and lunch.</i></p>	<p>4</p> <p>Breakfast Items Scrambled Breakfast Pizza Grapefruit Halves 100% Juice</p> <p>Entrees Latin Wrap w/Pork, Black Beans and Rice or Cheese Ravioli with Alfredo Sauce and Garlic Toast Pineapple Tidbits or Peaches Crisp Spinach Salad with Roasted Chickpeas</p>	<p>5 WISCONSIN WED</p> <p>Breakfast Items Cinnamon Roll Local Apple Slices 100% Juice</p> <p>Entrees Pancakes w/Maple Syrup and Colby Cheese Omelet Prairie Farms Yogurt with Homemade Granola Mandarin Oranges Juice Cup Whole Kernel Corn</p>	<p>6</p> <p>Breakfast Items Egg & Cheese Eat-A-Bowl Peaches 100% Juice</p> <p>Entrees Meatballs and Gravy with WG Dinner Roll Homemade WG Cheese Pizza Grapes or Pears Mashed Potatoes</p>	<p>7 FARMER FRIDAYS</p> <p>Breakfast Items French Toast with Apple Berry Blend Topping– Farm Logix 100% Juice</p> <p>Entrees Fish Taco with Cilantro and Lime Rice Turkey and Ham Deli Sub Peaches or Pears Coleslaw</p>
<p>Daily Salad Bar: Fresh garden Romaine Lettuce, Spinach, Sliced Carrots, Diced Tomatoes, Sliced Cucumbers, Celery Sticks, Ranch & French Dressing</p>				
<p>10</p> <p>Breakfast Items Turkey Sausage Breakfast Pizza Pear Slices 100% Juice</p> <p>Entrees Macaroni and Cheese WG Chicken Nuggets Ranchup Dipping Sauce Juicy Grapes Mandarin Oranges Green Beans</p>	<p>11</p> <p>Breakfast Items WG Pancakes w/Syrup Cantaloupe Apple Berry Blend Topping– Farm Logix</p> <p>Entrees Sloppy Joes on WG Bun WG Mini Cheese Ravioli with Marinara Sauce Fresh Apples or Peaches Celery and Carrot Sticks *Whole Grain Chocolate Chip Cookie</p>	<p>12 WISCONSIN WED</p> <p>Breakfast Items Cinnamon Roll Local Apple Slices 100% Juice</p> <p>Entrees Cinnamon French Toast Sausage Patty, Syrup Prairie Farms Yogurt with Homemade Granola Cherry Star Juice Tater Tots F2S Cranberries Early Release Day</p>	<p>13</p> <p>Breakfast Items Homemade Pumpkin Chocolate Chip Muffins and Colby Cheese Cubes Yummy Mixed Fruit Cup 100% Juice</p> <p>Entrees Chicken Patty on Whole Grain Bun Homemade WG Cheese Pizza Fresh Oranges or Applesauce Baked Beans</p>	<p>14 FARMER FRIDAYS</p> <p>Breakfast Items Scrambled Egg and Ham Wrap Sweet Potato Bites 100% Juice</p> <p>Entrees Penne Pasta w/wo Meatballs and Marinara Garlic Toast Sub Sandwich Turkey and Ham Juicy Grapes Pears Build Your Own Side Salad</p>

You can pay for school meals at www.lacrosseschools.org and click on Family Access. Breakfast includes Cinnamon Toast Crunch, Rice Krispies, Multi Grain Cherrios, Honey Nut Cherrios and Golden Grahams. All meals include fat-free chocolate or 1% milk. Menu is subject to change. A Nutrition analysis can be obtained by clicking the Menu link on our web site. **Allergy Notice:** Menu items may contain tree nuts, peanut/nut products, wheat, fish, egg, and soy. Students with allergies should contact the school nurse prior to consuming any foods served in the cafeteria. This institute is an equal opportunity provider.



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<p>17</p> <p>Breakfast Items Banana Bread Oranges 100% Juice</p> <p>Entrees Honey Ribeye-WG Bun WG Chicken Nuggets Fresh Apple Slices Peaches Peas and Carrots</p>	<p>18</p> <p>Breakfast Items Scrambled Breakfast Pizza Grapefruit Halves 100% Juice</p> <p>Entrees Cuban on WG Loco Bread WG Cheese Ravioli with Marinara Sauce and Garlic Toast Fresh Honeydew Craisins Green Beans</p>	<p>19 WISCONSIN WED</p> <p>Breakfast Items Cinnamon Roll or Local Strawberries 100% Juice</p> <p>Entrees WG Soft Shell Tacos Prairie Farms Yogurt with Homemade Granola Fresh Apple Slices Peaches Steamed Corn F2S Cranberries</p>	<p>20</p> <p>Breakfast Items Egg & Cheese Eat-A-Bowl Peaches 100% Juice</p> <p>Entrees Chicken Alfredo with Penne Pasta Homemade WG Cheese Pizza Mandarin Oranges or Applesauce Steamed Broccoli</p>	<p>21 FARMER FRIDAYS</p> <p>Breakfast Items French Toast with Apple Berry Blend Topping- Farm Logix 100% Juice</p> <p>Entrees Hot Dog with WG Bun Ham and Turkey Deli Sub Pineapple Fresh Apple Slices Bush's Baked Beans- Local WI Company</p>
<p><i>Students must choose at least 1/2 cup fruit or vegetable</i></p>	<p>Daily Salad Bar: Fresh garden Romaine Lettuce, Spinach, Sliced Carrots, Diced Tomatoes, Sliced Cucumbers, Celery Sticks, Ranch & French Dressing</p>			
<p>24</p> <p>Breakfast Items Turkey Sausage Breakfast Pizza Pear Slices 100% Juice</p> <p>Entrees Walking Taco with Salsa, Shredded Lettuce, Tomatoes and Cheese Whole Grain Chicken Nuggets w/Sauces Peaches or Apple Slices Fresh Salad Bar</p>	<p>25</p> <p>Breakfast Items WG Pancakes w/Syrup Cantaloupe Apple Berry Blend Topping- Farm Logix</p> <p>Entrees Turkey or Meatballs and Gravy with Dinner Roll Mashed Potatoes Steamed Corn Pumpkin Bars</p>	<p>26</p> <p>No School</p>	<p>27</p> <p>No School</p> 	<p>28</p> <p>No School</p>

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