



# WHAT'S ON THE MENU?

## Cardinal Mooney Lunch Menu

November 2018

Lunch Price: \$2.65 Reduced Price: \$.40

Ala Carte Milk, Juice & Water: \$.50/Snack: \$.25, \$.50 or \$.75 Adult Lunch: \$3.75

A full student lunch includes a choice of entrée supplying protein, milk, grain, and vegetable and fruit side dishes. Milk Choices include: 1% White and Chocolate Skim Milk. A cold vegetable and fruit bar is available daily on which we feature the vegetables and fruit listed below, additional fruit and vegetable choices may be available in the bar.

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Item			Bosco Sticks Dipping Sauce Seasoned Broccoli	Walking Tacos W/Cinnamon Breadstick Golden Corn
<b>Meatless Monday</b> Warm Pretzel Sticks w/Cheddar Cheese Sauce Fresh Pea Pods	<b>National Nacho Day</b> Beef & Cheese Nachos Refried Beans	Scrambled Eggs w/Turkey Sausage Patty & WG Cinnamon Roll Sweet Potato Puffs	Turkey & Cheese on a Pretzel Bun Sliced Steamed Carrots	Pepperoni Pizza Steamed Broccoli
Chicken Patty w/Bun Roasted Fresh Green Beans	<b>Holiday Meal</b> Oven Roasted Turkey Mashed Potatoes & Gravy w/Dinner Roll	Pancakes Turkey Sausage Potato Rounds	Homemade Creamy Macaroni & Cheese w/ Pretzel Rod Seasoned Broccoli	
<b>Meatless Monday</b> Homemade Flatbread Pizza Roasted Carrot "Fries"	Beef & Cheese Nachos Refried Beans	<b>No School Thanksgiving Recess</b>	<b>No School Thanksgiving Recess</b>	<b>No School Thanksgiving Recess</b>
<b>Meatless Monday New Entrée</b> Triple Cheese Panini Steamed Carrot Coins	Classic Cheeseburger Oven Baked Potato Wedges	<b>National French Toast Day</b> French Toast Sticks Turkey Sausage Links Potato Rounds	Strawberry Yogurt Parfait w/Homemade Granola Seasoned Broccoli	Chicken Drumstick w/Fresh Baked Biscuit BBQ Baked Beans <b>Birthday Treat</b>
Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks w/Scrambled Eggs	Chicken Nuggets w/Dinner Roll	Fresh Garden Salad w/Egg & Cheese Garlic Bread Stick	Popcorn Chicken w/Dinner Roll	Grilled Cheese w/Tomato Soup
Pepperoni & Cheese Pizza	Pepperoni & Cheese Pizza	Pepperoni & Cheese Pizza	Pepperoni & Cheese Pizza	Pepperoni Flatbread
Fresh Fruit & Vegetable Bar Available Daily				
Fresh Cherry Tomatoes Romaine & Spinach Salad Fresh Apple Pineapple Chunks	Sliced Cucumbers Romaine & Spinach Salad Apple Slices Chilled Peaches	Fresh Cauliflower Romaine & Spinach Salad Cantaloupe Chunks Chilled Fruit Cocktail	Fresh Baby Carrots Romaine & Spinach Salad Fresh Banana Chilled Applesauce	Power Peas Romaine & Spinach Salad Fresh Cut Orange Wedges Chilled Diced Pears

This institution is an equal opportunity provider.

**November**  
**Food Focus of the Month**



***FUN FACT!***

Cranberries love bumblebees! Migratory honeybees and/or bumblebees are needed for adequate pollination of cranberry flowers.

***DID YOU KNOW!***

Cranberries are 90% water!

Can a handful of cranberries a day keep the dentist away?

Cranberries can prevent plaque formation by interfering with the ability of bacteria to stick to the tooth surface.

*Questions or Comments?* Please contact Julie Humphrey @ 810.676.1112 or [jhumphrey@ecsd.us](mailto:jhumphrey@ecsd.us)

**Checks:** Please make checks payable to East China Food Service  
Menu Subject to Change without Notice  
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