

Holy Family November 2016 Lunch Menu

Food Service Director: Lori Frey
lfrey@berwickisd.org
570.759-6400 ex. 3111



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

- Broccoli Florets
- Baby Carrots
- Dark Leafy Greens
- Legume Salads
- Celery & Cucumber

*May choose two 1/2 cup servings

*Fruits may include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Pears
- Applesauce



*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	11/1 Spaghetti with Meat Sauce Whole Grain bread Green Beans Diced Pears Low Fat or Fat Free Milk	11/2 Thanksgiving Dinner Open Face Hot Turkey Sandwich with Gravy Mashed Potatoes Cranberry Sauce Cinnamon Applesauce Low Fat or Fat Free Milk	11/3 Breaded Pork Patty Whole Grain Bread Baked Beans Mandarin Oranges Low Fat or Fat Free Milk	11/4 Orange Kissed Chicken with Rice Broccoli Sliced Peaches Low Fat or Fat Free Milk	
11/7 Salisbury Steak with Gravy Whole Grain Roll Steamed Broccoli Applesauce Low Fat or Fat Free Milk	11/8 Chicken Strips with Whole Grain Bread Baked Beans Diced Pears Low Fat or Fat Free Milk	11/9 Cheeseburger on a Whole Grain Bun Tater Tots Sliced Peaches Low Fat or Fat Free Milk	11/10 Chicken Broccoli Casserole with Whole Grain Bread Mixed Vegetables Tropical Fruit Salad Low Fat or Fat Free Milk	11/11 Meatball Hoagie on a Whole Grain Bun Honey Glazed carrots Mixed Fruit Low Fat or Fat Free Milk	
11/14 Taco Salad with Beef & Cheese & Fiesta Rice Black Beans Cinnamon Applesauce Low Fat or Fat Free Milk	11/15 Chicken Patty on a Whole Grain Roll Honey Glazed Carrots Pineapple Tidbits Low Fat or Fat Free Milk	11/16 Hot Ham & Cheese Sandwich Steamed Green Beans Sliced Peaches Low Fat or Fat free Milk	11/17 Chicken Fajita Romaine Salad Mandarin Oranges Low Fat or Fat Free Milk	11/18 Happy Birthday Mickey French Toast Sticks Sausage Pattie Tater Tots 100% Juice Low Fat or Fat Free Milk "Mickey Mouse's Birthday" Celebration at Lunch	The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE
11/21 Fish Sticks with Whole Grain Bread Steamed Carrots Pineapple Tidbits Low Fat or Fat Free Milk	11/22 Macaroni & Cheese with Whole Grain Bread Stewed Tomatoes Cinnamon Applesauce Low Fat or Fat Free Milk	11/23 Sloppy Joe on a Bun Vegetarian Beans Blueberries Low Fat or Fat Free Milk	11/24 Happy Thanksgiving! 	11/25 No School!	
11/28 No School!	11/29 Grilled Cheese Sandwich Green Beans Sliced Peaches Low Fat or Fat Free Milk	11/30 Pork BBQ on a Whole Grain Roll Golden Corn Pineapple Tidbits Low Fat or Fat Free Milk		 Whole Grains Available Daily	Lunch Price: \$3.75