

# Northeast Bradford Elementary Lunch Nov/Dec

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The  
**Nutrition**  
Group



## 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	Alternates
11/6 Chicken Parm over Pasta Green Beans Pineapple Low Fat Milk	11/7 Walking Taco Steamed Rice Buttered Corn Fresh Orange Low Fat Milk	11/8 Chicken & Gravy over Biscuit Mashed Potatoes Applesauce Low Fat Milk	11/9 Korean BBQ Dumplings w/ Fried Rice Sweet Peas Mandarin Oranges Low Fat Milk   Fresh Produce from Local Farms based on crop availability	11/10 Chicken Quesadilla Black Beans Apple Low Fat Milk	Week 1 Hot Dog on a Bun Ham & Cheese Sandwich PB&J
11/13 Popcorn Chicken Bowl Mashed Potatoes w. Gravy Pineapple Tidbits Low Fat Milk	11/14 Beef Nachos w. Cheddar Cheese Sauce & Rice Golden Corn Diced Pears Low Fat Milk	11/15 Fish Sticks Buttered Noodles Mixed Vegetables Fresh Banana Low Fat Milk	11/16 <b>Thanksgiving Dinner !</b> Roast Turkey & Stuffing Mashed Potatoes w. Gravy Baked Biscuit Green Beans Apple Crisp Low Fat Milk *Only Alternate PB&J	11/17 No School !	Week 2 Pork BBQ Sandwich Breaded Chicken & Cheese Wrap PB & J
11/20 Pepperoni Pizza Steamed Broccoli Fresh Oranges Low Fat Milk	11/21 Pancakes w/ Sausage Tater Tots Assorted Juice Low Fat Milk	11/22 No School	11/23 No School Happy Thanksgiving	11/24 No School	Week 3 Cheeseburger on a Bun Ham & Cheese Hoagie PB&J
11/27 NO School  Whole Grains Available Daily 	11/28 No School	11/29 Grilled Cheese w/ Tomato Soup Roasted Chickpeas Fresh Banana Fat Milk 	11/30 Chicken Tacos w. Queso Black Bean & Corn Salad Fresh Apple Low Fat Milk	12/1 Pepperoni Pinwheel Buttered Carrots Pineapple Pieces Low Fat Milk	Week 4 Chicken Nuggets w. Sliced Bread Italian Hoagie PB&J
12/4 Pasta w/ Meatballs & Garlic Bread Italian Green Beans Peaches Low Fat Milk	12/5 Hot Ham & Cheese on a Pret- zel Bun Baked Fries Chilled Peaches Low Fat Milk	12/6 Breakfast for Lunch Bar Whole Grain Waffles w. Assorted Toppings Sausage Patties Tater Tots Cinnamon Apples Low Fat Milk	12/7 Salisbury Steak w/ B uttered Noodles Mashed Potatoes w. Gravy Fruit Cocktail Low Fat Milk	12/8 Italian Dunkers w. Marinara Sauce Steamed Broccoli Mixed Berry Applesauce Milk Choice	Week 5 Chicken Patty Sandwich Turkey & Cheese Wrap PB&J