

Learning Prep School

November 2017

Lunch Menu

Prices: Student Lunch: \$3.25, Staff Lunch: \$3.50, Student Breakfast: \$1.25, Staff Breakfast: \$1.50, milk: \$1.00.

All meals served with 1%, white skim, or chocolate skim milk. Menu subject to change.

Alternate Lunch Choices each Day: Toasted Cheese Sandwich with sides or Hummus Wrap/Gluten free Hummus Plate

**Gluten Free available

Breakfast Choices each Day: Cheerios GF, Rice Krispies GF or Toasted Bagel with Cream Cheese or Hummus, Fruit, Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pasta with Meat or Marinara Sauce Vegetable Fruit	2 Egg and Cheese on a Whole Wheat English Muffin Hash Browned Potatoes Fruit	3 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice
6 **Chicken Tenders Vegetable Fruit	7 Chicken in a soft shell with cheese, Salsa Vegetable Fruit	8 Pasta Day! Chicken, whole wheat pasta and broccoli in a light vegetable stock Fruit	9 Calzones (Cheese and Specialty) made on Whole Wheat Crust Marinara Fruit	10 No School Veteran's Day Observed
13 Toasted Turkey and Cheese Vegetable Fruit	14 Pork Carnitas Brown Rice Peppers and Onions Fruit	15 Macaroni and Cheese Vegetable Fruit	16 Hamburger, Cheese Burger, or Veggie Burger Fries Vegetable Fruit	17 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice
20 Corn Dogs Vegetable Fruit	21 Quesadillas Chicken & Cheese Or Vegetable Black Bean Salsa Fruit	22 ½ day 11:30 Dismissal	23 No School Thanksgiving Recess	24 No School Thanksgiving Recess
27 Tuna Salad Sandwich Vegetable Fruit	28 Turkey Tacos Rice and Beans Vegetable Fruit	29 Pasta with Meat or Marinara Sauce Vegetable Fruit	30 Baked Ham with Pineapples Vegetarian Baked Beans Vegetables Fruit	

This institute is an equal opportunity provider. Please inform your server if you have any food allergies.

