













# November Lunch Menu



Palmyra Eagle Area Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Elementary Lunches for Nov.: 18 days x \$2.60 = \$46.80</p> <p>MS &amp; HS Lunches for Nov.: 18 days x \$2.85 = \$51.30</p> 	<p>To the best of our knowledge, items containing peanuts are marked with an *.</p>  <p>This institution is an equal opportunity provider.</p>	<p>1</p> <p>Grilled Chicken Patty on WG Bun OR Hamburger or Cheeseburger Potato Triangles Steamed Peas, Tomato Slices Cinnamon Apple Slices</p>	<p>2</p> <p>Mini Corn Dogs OR Quesadilla Pizza Baked Potato Wedges Carrot Coins, Cucumber Slices Mixed Fruit</p>	<p>3</p> <p>Soft Shell Tacos w/ Lettuce, Salsa Tomatoes, Cheese, Sour Cream OR Beef and Bean Burrito Refried Beans, Corn Niblets Diced Pears</p> 
<p>6</p> <p>Breaded Chicken Patty on Bun OR Fish Sticks with WG Breadstick Spicy Curly Fries Vegetarian Baked Beans, Baby Carrots, Blueberries</p> 	<p>7</p> <p>WG Pancakes w/ Omelet OR Breakfast Pizza Crispy Tater Tots, Steamed Green Beans, * Celery w/ PB Applesauce with Cinnamon</p>	<p>8</p> <p>Chicken Nuggets w/ Breadstick OR Sloppy Joe on a Whole Grain Bun Mashed Potatoes with Gravy Acorn Squash, Fresh Broccoli Dried Cranberries</p> 	<p>9</p> <p>Gilardi's Cheese Pizza OR Spaghetti &amp; Meatballs w/ WG Roll Salad with Choice of Dressings Cucumber Slices, Mixed Veggies Chilled Pears</p>	<p>10</p> <p>Beef Stroganoff over Whole Grain Pasta w/ WG Breadstick OR Hot Dog on a Whole Grain Bun Steamed Peas, Fresh Cauliflower Red &amp; Green Peppers &amp; Grapes</p>
<p>13</p> <p>Hamburger or Cheeseburger OR BBQ Rib on a Whole Grain Bun Oven Baked French Fries Steamed Carrot Coins, Fresh Broccoli and Pineapple Tidbits</p>	<p>14</p> <p>Chicken Fajitas w/ Lettuce, Salsa, Tomatoes, Cheese, Sour Cream OR Whole Grain Chili Cheese Wrap Spanish Rice, Refried Beans Corn Niblets, Mixed Fruit</p> 	<p>15</p> <p>Salisbury Steak w/ WG Roll OR Breaded Pork Chopette w/ Roll Mashed Potatoes with Gravy WI Blend Veggies(&amp; Squash-HS Fresh Brocc &amp; Mandarin Oranges</p>	<p>16</p> <p>Fish Sticks with WG Breadstick OR Breaded Chicken Patty on a Bun Macaroni and Cheese California Blend Vegetables Celery, Cucumbers, Peaches</p>	<p>17</p> <p>No School</p>
<p>20</p> <p>Cheese Stuffed Pizza Dippers OR Hot Dog or Chili Dog on WG Bun Salad with Choice of Dressings Cherry Tomatoes, Ital. Blend Vea. Diced Apricots</p> 	<p>21</p> <p>State Fair Corn Dog OR *PB&amp;J Uncrustables Cream of Potato Soup Fresh Baby Carrots, Green Beans Pasta Salad &amp; Applesauce Cups</p>	<p>22</p> <p>No School</p>	<p>23</p> 	<p>24</p> <p>No School</p>
<p>27</p> <p>Pizza Burger on Whole Grain Bun OR Chicken Nuggets w/ WG Roll Crispy Tater Tots Baked Beans, Cherry Tomatoes Tropical Fruit Cup</p>	<p>28</p> <p>Egg, Ham &amp; Cheese on a Bun OR Stuffed Crust Pizza Sweet Potato Fries, Edamame (soy beans), Corn &amp; Tom. Sala Red Delicious Apple</p> 	<p>29</p> <p>Creamy Chicken Alfredo over Whole Grain Pasta w/ Breadstick OR Mini Corn Dogs Steamed Broccoli, Three Bean Salad, Caulif. &amp; Chilled Peaches</p>	<p>30</p> <p>Tony's Pepperoni Pizza OR Sweet and Sour Chicken over Brown Rice, Salad with Choice of Dressings, Cherry Tomatoes, Broccoli, Strawberries &amp; Bananas</p>	<p>All Lunches served with a choice of milk: Skim White, Skim Chocolate or 1% White</p>  <p>Menu subject to change without notice.</p>