

# TOIS

## November 2017

Our menus are aligned with the USDA's  
Healthy Hunger Free Kids Act.

### Weekly Breakfast Menu

Monday – WG Cereal and Graham Crackers  
Tuesday – Mini Pancakes or Hot Breakfast Sandwich  
Wednesday – Whole Grain Mini Cinni Pastry  
Thursday – Breakfast Pizza  
Friday – WG Muffin and Graham Crackers

All Breakfasts come with Fruit and 1% or Skim Milk

		11/1 Pasta w/ Meat Sauce Broccoli Bites	11/2 Nacho Supreme Platter Vegetarian Baked Beans	11/3 Hand Tossed Pizza with Side Salad
11/6 Pepperoni&Cheese Stuffed Sandwich Slim Stix Sweet Potatoes	11/7 Chicken in a Basket Potato Wedge	11/8 Big Daddy Pizza Side Salad	11/9 School Closed NJEa Convention	11/10 School Closed NJEa Convention
11/13 French Toast Sticks &Sausage Cinnamon Sweet Potatoes	11/14 Chicken Nuggets w/roll Waffle Fries	11/15 Pasta w/Meatballs & roll Broccoli Bites	11/16 Hot Turkey Dinner Mashed Potatoes	11/17 Hand Tossed Pizza with Side Salad
11/20 Chicken Quesadilla Cross Trax Fries	11/21 Crispy Chicken Bowl Mashed Potatoes	11/22 Early Dismissal No Lunch Served	11/23 Thanksgiving School Closed	11/24 School Closed
11/27 Mozzarella Sticks w/marinara Glazed Carrots	11/28 Chicken Tenders w/roll Smile Fries	11/29 Pasta Bar w/breadstick Steam Broccoli	11/30 Chicken & Waffles Three Bean Salad	All meals include a trip through our Thrive Garden Bar & Milk



### A MINIMUM OF 4 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety

Locally Grown items are offered whenever seasonally available

Low Fat or Fat Free Milk included with all meals

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See Daily Entrée Selections above.  
All entrees served with a Milk,  
Vegetable and Fruit or Juice



**EVERYDAY CHOICES**  
Flame Broiled Beef Burgers,  
Chicken Patties, Hotdogs,  
Cheese Steaks & BBQ Riblettes



### WEEKLY CHOICES

Week #1 Turkey Club Salad or Ham and Cheese Sandwich or Bagel Boat

Week #2 Crispy Chicken Salad or Tuna Salad Sandwich or Cereal Boat

Week #3 Chicken Caesar Wrap or Chef Salad w/roll or Cheese and Cracker Box

Week #4 Grille Chicken Salad or Italian Hoagie or Pretzel Boat

Week#5 Garden Salad with Cheese and Roll or Turkey and Cheese or Popcorn Chicken Bento

Available Daily: Turkey & Cheese & Peanut Butter & Jelly

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Vegetarian

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Smart Pick

We use menu identifiers in the café to help student recognize  
Vegetarian & Smart Pick options. Smart Pick selections meet  
specific criteria for fat, sodium, & calories.

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and Compliance, 1400 Independence Avenue, SW, Washington, DC 30350-9413 or call (800) 795-3373 (voice)  
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