



BREAKFAST

NOVEMBER 2017

Arlington Community Schools K-12

A school breakfast is composed of at least 4 items which include milk, grain and fruit/vegetable. To obtain the meal pricing, students must choose at least 3 of the items. One item selected must be either 1/2 vegetable or fruit. Otherwise, a la carte pricing will apply on food items sold.

Monday

Daily Offerings:

Variety of fat free and low fat milk. Lactose free milk, available upon request. Assortment of Fresh Fruit and Chilled Fruit Cups.

Menus subject to change based on availability

Tuesday

Wednesday

Thursday

Friday

| | | |
|--|---|--|
| <p>1</p> <p>Sausage & Biscuit Breakfast Cinnamon Roll Fruit Juice Assorted Fruit</p> | <p>2</p> <p>Chicken Biscuit Pancake Sausage Bites Pancake Sausage Wrap (HS only) Fruit Juice Assorted Fruit</p> | <p>3</p> <p>Breakfast Burrito Egg & Cheese Sandwich Breakfast Pastry Grain Fruit Juice Assorted Fruit</p> |
| <p>6</p> <p>Breakfast Pizza Breakfast Pastry Grain Fruit Juice Assorted Fruit</p> | <p>7</p> <p>Breakfast Chicken Sandwich French Toast w/ Smokies Fruit Juice Assorted Fruit</p> | <p>8</p> <p>Sausage & Biscuit Breakfast Cinnamon Roll Fruit Juice Assorted Fruit</p> |
| <p>13</p> <p>Breakfast Pizza Egg & Cheese Sandwich Breakfast Pastry Grain Fruit Juice Assorted Fruit</p> | <p>14</p> <p>Breakfast Chicken Sandwich French Toast w/ Smokies Fruit Juice Assorted Fruit</p> | <p>15</p> <p>Sausage & Biscuit Breakfast Cinnamon Roll Fruit Juice Assorted Juice</p> |
| <p>20</p> <p>Breakfast Pizza Breakfast Pastry Grain Fruit Juice Assorted Fruit</p> | <p>21</p> <p>French Toast w/Smokies (Manager's Choice) Fruit Juice Assorted Fruit</p> | <p>22</p> <p>Thanksgiving Break</p> |
| <p>27</p> <p>Breakfast Pizza Breakfast Pastry Grain Fruit Juice Assorted Juice</p> | <p>28</p> <p>Breakfast Chicken Sandwich French Toast w/Smokies Fruit Juice Assorted Fruit</p> | <p>29</p> <p>Sausage & Biscuit Breakfast Cinnamon Roll Fruit Juice Assorted Fruit</p> |
| | | <p>30</p> <p>Chicken Biscuit Pancake Sausage Bites Pancake Sausage Wrap (HS only) Fruit Juice Assorted Fruit</p> |
| | | <p>9</p> <p>Chicken Biscuit Pancake Sausage Bites Pancake Sausage Wrap (HS only) Fruit Juice Assorted Fruit</p> |
| | | <p>16</p> <p>Chicken Biscuit Pancake Sausage Bites Pancake Sausage Wrap (HS only) Fruit Juice Assorted Fruit</p> |
| | | <p>23</p> <p>Thanksgiving Break</p> |
| | | <p>3</p> <p>Breakfast Burrito Egg & Cheese Sandwich Breakfast Pastry Grain Fruit Juice Assorted Fruit</p> |
| | | <p>10</p> <p>Breakfast Burrito Breakfast Pastry Grain Fruit Juice Assorted Fruit</p> |
| | | <p>17</p> <p>Breakfast Burrito Breakfast Pastry Grain Fruit Juice Assorted Fruit</p> |
| | | <p>24</p> <p>Thanksgiving Break</p> |


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LUNCH

NOVEMBER 2017

Arlington Community School
K-8

A school lunch includes 5 different food components (items). To obtain the meal pricing, students must choose at least 3 of the 5 components. One item selected must be either a vegetable or fruit. Otherwise, a la carte pricing will apply on food items sold.

Monday

Daily Offerings:

Variety of fat free and low fat milk. Lactose free milk, available

Upon request. Assortment of Fresh Fruit and Chilled Fruit Cups.

Menu subject to change based on availability

Tuesday

Wednesday

Thursday

Friday

Hamburger/
Cheeseburger **1**
Corn Dog
Oven Baked Fries
California Blend Veggies
Baby Carrot's w/Dip
Fresh Garden Salad

Fish Sandwich **2**
Beefaroni w/Roll
Seasoned Green Beans
Corn
Veggies w/Dip
Fresh Garden Salad

Pizza/Cheese Pizza **3**
Deli Sandwich
Oven Baked Fries
Mixed Veggies
Fresh Veggies w/Dip
Fresh Garden Salad

Corn Dog Nuggets **6**
Cheese Sticks w/ Marinara
Seasoned Carrots
Steamed Broccoli
Fresh Baby Carrots w/Dip
Veggie w/Dip

Meaty Meatball Sub **7**
Fish Strips w/ Hushpuppies
Seasoned Green Beans
Corn
Veggie w/Dip
Fresh Garden Salad

Breaded Chicken Sandwich **8**
Cheese Pizza
Oven Baked Potatoes
Baby Carrots w/Dip
Fresh Garden Salad

Taco Bar-Beef or Chicken **9**
(Crispy or Soft Shells)
Cheesy Nachos-Beef or Chicken
Pinto Beans
California Blend Veggies
Fresh Veggie w/Dip
Fresh Garden Salad

Pizza **10**
Chicken Bites/ w/Roll
Oven Baked Potatoes
Corn on the Cob
Fresh Veggie w/Dip
Sassy Raisins
Fresh Fruit

Spaghetti & Meatballs **13**
Baked Calzone
Seasoned Green Beans
Fresh Baby Carrots w/Dip
Fresh Garden Salad

Hot Dog On Bun **14**
Crispito w/ Chili
Corn
Veggies w/Dip
Fresh Garden Salad

Hamburger/
Cheeseburger **15**
Popcorn Chicken w/Roll
Whipped Potatoes
Steamed Broccoli
Veggies w/Dip
Fresh Garden Salad

Patty Melt **16**
Chicken & Waffles
Oven Baked Fries
Mixed Veggies
Baby Carrots w/Dip
Fresh Fruit

Pizza **17**
Deli Sandwich
Oven Baked Potatoes
Veggie w/Dip
Fresh Garden Salad
Fresh Fruit

Corn Dog **20**
Chicken Alfredo w/ Roll
Steamed Broccoli
Corn
Fresh Baked Carrots w/Dip
Fresh Garden Salad

Chicken Nuggets w/Roll **21**
(Manager's Choice of Entree)
Oven Baked Potatoes
(Manager's Choice of Veggie)
Manager's Choice of Fruit)

22
*Thanksgiving
Break*

23
*Thanksgiving
Break*

24
*Thanksgiving
Break*

Popcorn Chicken w/Roll **27**
Mexican Pizza
Whole Kernel Corn
Seasoned Carrots
Fresh Baby Carrots w/Dip
Fresh Garden Salad

Hot Dog on Bun **28**
Chicken Quesadilla
Baked Beans
Steamed Broccoli
Veggies w/Dip
Fresh Garden Salad

Hamburger/
Cheeseburger **29**
Corn Dog
Oven Baked Fries
California Blend Veggies
Baby Carrot's w/Dip
Fresh Garden Salad

Fish Sandwich **30**
Beefaroni w/Roll
Seasoned Green Beans
Corn
Veggies w/Dip
Fresh Garden Salad

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LUNCH

NOVEMBER 2017 Arlington Community Schools 9-12

A school lunch includes 5 different food components (items). To obtain the meal pricing, students must choose at least 3 of the 5 components. One item selected must be either a vegetable or fruit. Otherwise, a la carte pricing will apply on food items sold.

Monday

Daily Offerings:

Variety of fat free and low fat milk. Lactose free milk, available upon request. Assortment of Fresh Fruit and Chilled Fruit Cups.

Menu subject to change based on availability

Tuesday

Wednesday

Thursday

Friday

1

Hot Dog on Bun
Crispitos w/Chili
Oven Baked Potatoes
Broccoli
Baby Carrots w/Dip
Romaine Garden Salad

2

Breaded Cheese Sticks
w/Marinara
Chicken Sandwich
Oven Baked Potatoes
California Blend Veggies
Veggie w/Dip
Romaine Garden Salad

3

Pizza
Deli Sandwich
Oven Baked Potatoes
Fresh Veggies w/Dip
Romaine Garden Salad

6

Chicken Bites w/Roll
Hamburger/Cheeseburger
Oven Baked Potatoes
Steamed Broccoli
Fresh Baby Carrots w/Dip
Veggies w/Dip

7

Hot Ham & Cheese Sandwich
Buffalo Chicken Nachos
Corn
California Blend Veggies
Veggies w/Dip
Romaine Garden Salad

8

Crispitos w/Chili Cheese
Baked Calzone
Oven Baked Potatoes
Seasoned Green Beans
Baby Carrots w/Dip
Romaine Garden Salad

9

Fish Sandwich
Chicken & Cheese Quesadilla
Oven Baked Potatoes
Corn on the Cob
Fresh Veggie w/Dip
Fresh Fruit
Romaine Garden Salad

10

Pizza
Deli Sandwich
Oven Baked Potatoes
Fresh Veggies w/Dip
Romaine Garden Salad

13

Bacon Cheeseburger
Corn Dog Nuggets
Oven Baked Potatoes
Mixed Veggies
Fresh Baby Carrots w/Dip
Romaine Garden Salad

14

Spicy Chicken Sandwich
Beef & Bean Burrito
Corn
Seasoned Green Beans
Veggies w/Dip
Romaine Garden Salad

15

Nacho Supreme
Chicken Fajita Nachos
Pinto Beans
Steamed Broccoli
Veggies w/Dip
Romaine Garden Salad

16

Hot Ham & Cheese Sandwich
Chicken Waffles
Oven Baked Potatoes
Baked Apples
Baby Carrots w/ Dip
Romaine Garden Salad

17

Pizza
Deli Sandwich
Oven Baked Potatoes
Fresh Veggies w/Dip
Romaine Garden Salad

20

Chicken Tenders w/ Roll
Hamburger/Cheeseburger
Oven Baked Potatoes
California Vegetables
Fresh Baby Carrots w/Dip
Romaine Garden Salad

21

Corn Dog Minis
(Manager's Choice)
Oven Baked Potatoes
(Manager's Choice)
Fresh Garden Salad
Manager's Choice

22

Thanksgiving
Break

23

Thanksgiving
Break

24

Thanksgiving
Break

27

Chicken Bites w/Roll
Hamburger/Cheeseburger
Oven Baked Potatoes
Seasoned Carrots
Romaine Garden Salad
Fresh Baby Carrots w/Dip

28

Spaghetti w/Meatsauce
w/Breadstick
Baked Calzone
Whole Kernel Corn
Seasoned Green Beans
Veggies w/Dip
Romaine Garden Salad

29

Hot Dog on Bun
Crispitos w/Chili
Oven Baked Potatoes
Broccoli
Baby Carrots w/Dip
Romaine Garden Salad

30

Breaded Cheese Sticks
w/Marinara
Chicken Sandwich
Oven Baked Potatoes
California Blend Vegetables
Veggie w/Dip
Romaine Garden Salad

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