



# 2019 November

November is Good Nutrition Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		<b>Treat Yourself Right</b>		<b>1</b> <b>P/T Conferences</b> <b>No School</b>	<p><b>All menus meet or exceed current USDA or state-specific Dietary Guidelines for the Healthy, Hunger-Free Kids Act.</b></p> <p>Offered Daily: Fresh Fruit or vegetables.</p> <p>Milk Served Daily Skim Chocolate Skim White 1% White Milk A la carte: \$.50</p> <p>Student Lunch: \$2.85</p> <p>Adult Lunch: \$3.25</p> <p>Our Pizzas are <b>Tony's "SMART" pizza – 25% lower in fat with whole grain crust</b></p> <p><b>WG – Whole Grain</b></p> <p><b>Romaine Salads served with Ranch Dressing</b></p> <p>Items listed with a <b>red *</b> may contain Pork.</p> 
<b>4</b> <b>Institute Day</b> <b>No School</b>	<b>5</b> <b>Lucky Tray Day</b> 1-Hot Pretzel w/Cheese Sauce 2-Chili Mac 3-Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Sliced Carrots Red Pepper Strips Diced Peas	<b>6</b> 1-Cheese Pizza 2- Hot Dog 3-Ham & Cheese Sand 4- Chicken Caesar Salad w/Dinner Roll Green Beans Fresh Zucchini Diced Peaches	<b>7</b> 1-Bosco Sticks w/Marinara Sauce 2-Chicken Nuggets w/Dinner Roll 3-Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Kickin' Pinto Beans Celery Sticks Applesauce	<b>8</b> 1-Cheese Pizza 2- Fish Sticks w/Mac Veg Salad 3-Ranch Chicken Wrap 4- Popcorn Chicken Salad w/Dinner Roll Steamed Broccoli Fresh Baby Carrots Diced Peaches	
<b>11</b> 1- Chicken Patty Sandwich 2-Pumpkin Spiced Chicken & Waffle Sandwich 3-Ham & Cheese Sand 4- Ham/Turkey Chef Salad w/Dinner Roll Corn Fresh Broccoli Mixed Fruit	<b>12</b> <b>Lucky Tray Day</b> 1-Diced Chicken Nachos 2- Chicken Nuggets w/Dinner Roll 3- Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Peas Red Pepper Strips Diced Peas	<b>13</b> 1-Cheese Pizza 2- Macaroni & Cheese 3-Ham & Cheese Sand 4- Chicken Caesar Salad w/Dinner Roll Swt Potato Fries Fresh Zucchini Diced Peaches	<b>14</b> French Toast Sticks w/Syrup Chicken Sausage Patty 2-Pumpkin Spiced Chicken & Waffle Sandwich 3-Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Baked Beans Celery Sticks Applesauce	<b>15</b> 1-Cheese Pizza 2-BBQ Riblet* Sandwich 3- Turkey & Swiss Sand 4- Popcorn Chicken Salad w/Dinner Roll Spinach Fresh Baby Carrots Diced Peaches	
<b>18</b> 1-Hamburger on a Bun 2-Chicken Patty Sandwich 3-Ham & Cheese Sand 4- Ham/Turkey Chef Salad w/Dinner Roll Mashed Potatoes Fresh Broccoli Mixed Fruit	<b>19</b> 1-Bosco Sticks w/Marinara Sauce 2-Popcorn Chicken w/Dinner Roll 3-Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Green Beans Red Pepper Strips Diced Peas	<b>20</b> 1-Cheese Pizza 2-Hot Dog 3-Ham & Cheese Sand 4-Chicken Caesar Salad w/Dinner Roll Glazed Carrots Fresh Zucchini Diced Peaches	<b>21</b> <b>Lucky Tray Day</b> 1-Turkey with Gravy 2-Chicken Patty Sandwich 3-Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Mashed Potatoes Celery Sticks Applesauce	<b>22</b> 1-Cheese Pizza 2-Toasted Cheese Sandwich Tomato Soup 3-Ranch Chicken Wrap 4-Turkey Chef Salad w/Dinner Roll Corn Fresh Baby Carrots Diced Peaches	
<b>25</b> 1-Cheeseburger on a Bun 2-Chicken Nuggets w/Dinner Roll 3-Ham & Cheese Sand 4- Ham/Turkey Chef Salad w/Dinner Roll Peas Fresh Broccoli Mixed Fruit	<b>26</b> 1-Cheese Pizza 2-BBQ Chicken Sandwich 3- Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Tater Tots Red Pepper Strips Diced Peas	<b>27</b> <b>Thanksgiving Break</b> <b>No School</b>	<b>28</b> <b>No School</b> <b>Thanksgiving Break</b> 	<b>29</b> <b>Thanksgiving Break</b> <b>No School</b>	

## Center Cass Elementary Schools

**EAT A VARIETY OF FRUITS & VEGETABLES EVERY DAY**

**Part time positions open**

If you are interested in working part time during the school year please log into [www.aramark.com](http://www.aramark.com) and open the careers tab to review available positions in Center Cass; or call Nichole at 630-964-0267.



Menus are subject to change without notice.

This institution is an equal opportunity provider.

Center Cass School District 66  
November Elementary School Menu

Menu Items with Carb. Counts

Items served as a regular part of the daily menu: **Elementary School**

Oranges - 15.7  
Apples - 15.4  
1% White Milk - 13.0  
Skim Chocolate Milk - 24.0  
Skim Milk - 13.0

Menu Items: **Elementary School**

Hot Pretzel w/Cheese Sauce - 33.5  
Chili Mac - 69.3  
Turkey and Cheese Sandwich - 27.5  
Sunbutter and Jelly Sandwich - 63.7  
Cheese Pizza - 43.9  
Hot Dog on a Bun - 31.1  
Ham and Cheese Sandwich - 23.8  
Chicken Caesar Salad - 12.4  
Bosco Sticks w/Marinara Sauce - 34.2  
Chicken Nuggets - 15.0  
Fish Sticks - 19.0  
Ranch Chicken Wrap - 29.9  
Popcorn Chicken Salad - 12.0  
Chicken Patty Sandwich - 43.3  
Pumpkin Spiced Chicken & Waffle Sandwich - 56.0  
Ham/Turkey Chef Salad - 5.2  
Diced Chicken Nachos - 20.2  
Mac & Cheese - 53.1  
French Toast Sticks - 28.2  
Chicken Sausage Patty - 2.0  
BBQ Riblet Sandwich - 44.6  
Hamburger on a Bun - 29.4  
Popcorn Chicken Bites - 15.2  
Roast Turkey & Gravy - 5.3  
Toasted Cheese Sandwich - 27.4  
Tomato Soup - 20.0  
Turkey Chef Salad - 4.9  
Cheeseburger on a Bun - 30.4  
BBQ Chicken Sandwich - 41.3

## Starch, Vegetables, Fruit and Condiments:

Peas - 10.1	Fresh Carrots - 1.0	Diced Pears - 14.2
Green Beans - 3.5	Fresh Celery - .3	Pineapple Chunks - 14.7
Corn - 14.3	Fresh Cucumbers - 2.7	Sliced Peaches - 11.0
Carrots - 5.0	Fresh Broccoli - 1.7	Mixed Fruit - 11.5
Baked Beans - 29.1	BBQ Sauce Pkt. - 3.0	Applesauce - 21.5
Oven Potatoes - 21.8	Mayo Pkt. - .2	Sliced Apples - 15.4
Brown Rice - 35.0	Mustard Packet - .5	Ketchup Pkt. - 2.3
Corn on the Cob - 29.3	Salsa - 2.0	Ranch Dressing - 8.1
Mashed Potatoes - 19.3	Gravy - 6.3	Mexican Rice - 22.6
Tater Tots - 13.6	Romaine Lettuce - .4	Tomato Wedges - 4.1
Dinner Roll - 13.0	Wheat Bread - 11.9	Saltine Crackers (2) - 4.0
Campfire Beans - 29.7	Vegetarian Baked Beans - 29.0	Pinto Beans - 24.9
Apple Juice - 14.0	Orange Juice - 13.0	Fruit Punch - 14.0