

# Darien Public Schools Elementary Menu

## November 2018

This institution is an equal opportunity provider. Substitutions may occur without notice

LUNCH PRICES 2018-2019	
K-5	\$3.55
ADULT	\$3.85
MILK	\$0.75

Nutritional Focus for 2018-2019 School Year:  
 Focus on fresh produce, with a variety of salads offered everyday: Garden Salad, Carrot & Raisin Salad, Tricolor Veggie Pasta Salad, Tomato, Basil & Mozzarella Salad, and Broccoli Slaw.  
 The use of Coleman's All Natural Product Line Including Chicken, Hot Dog and Beef.  
 All Natural- Made from Scratch Menu Items.

Available to the 3rd, 4th, & 5th grade daily  
 Boars Head Sandwich Boat \$4.75  
 Sal's Organic Pizza w/Beverage \$3.00  
 Chicken Tender Salad \$4.50

			THURSDAY, NOVEMBER 1	FRIDAY, NOVEMBER 2
			Roasted Turkey & Gravy Whipped Honey Roasted Sweet Potatoes Steamed & Seasoned Zucchini & Yellow Squash Whole Wheat Dinner Roll Apple or Pumpkin Pie Milk CALORIES: 672 - 771 - 790 Alt: Meatball Sub w/Salad	Homemade Turkey Noodle Soup Toasted Cheese on Whole Wheat Bread Sweet Potato Fries Mandarin Oranges Milk CALORIES: 643 - 728 - 785 Alt: Chicken Pattie on Whole Wheat Bun

MONDAY, NOVEMBER 5	TUESDAY, NOVEMBER 6	WEDNESDAY, NOVEMBER 7	THURSDAY, NOVEMBER 8	FRIDAY, NOVEMBER 9
Belgian Waffle Sticks w/All Natural Syrup Turkey Sausage Links Hash Brown Pattie Applesauce Cup Milk CALORIES: 688 - 726 - 785 Alt: All Natural Hot Dog on Whole Wheat Bun	<p style="text-align: center;"><b>NO</b></p> <p style="text-align: center;"><b>SCHOOL</b></p> <p style="text-align: center;"><b>PROFESSIONAL</b></p> <p style="text-align: center;"><b>DEVELOPMENT</b></p>	Multi Grain Mini Cheese Ravioli w/Sauce Fall Salad Blend w/Low Fat Dressing French Bread Diced Peaches Milk CALORIES: 658 - 722 - 785 Alt: Chicken Pattie on Whole Wheat Bun	Popcorn Chicken Sweet Potato Wedges Broccoli Slaw Whole Wheat Dinner Roll Sherbet Cup Fruit Assortment Milk CALORIES: 641 - 728 - 785 Alt: Toasted Cheese on Whole Wheat Bread	Whole Grain Personal Round Cheese or Turkey Pepperoni Pizza Loaded Veggie Salad w/Low Fat Dressing Fruit Assortment Milk CALORIES: 638 - 740 - 786 Alt: All Natural Hamburger or Cheeseburger on WW Bun

MONDAY, NOVEMBER 12	TUESDAY, NOVEMBER 13	WEDNESDAY, NOVEMBER 14	THURSDAY, NOVEMBER 15	FRIDAY, NOVEMBER 16
<p><b>SLIDER DAY</b></p> <p>Breaded Chicken or Beef Sliders Carrot Raisin Salad Smyle Fries Melon &amp; Grape Cup Milk</p> <p>CALORIES: 710 - 732 - 778</p> <p>Alt: All Natural Hot Dog on Whole Wheat Bun</p>	<p><b>TACO TUESDAY</b></p> <p>Turkey Taco Boats w/Lettuce, Cheese &amp; Salsa Spanish Rice w/Red &amp; Green Peppers Mexican Corn Cinnamon Churros Pineapple Tidbits Milk</p> <p>CALORIES: 655 - 712 - 785</p> <p>Alt: Toasted Cheese on WW Bread w/Salad</p>	<p>Lasagna Roll Ups w/Sauce Tomato, Basil, Mozzarella Salad French Bread Peach Cup Milk</p> <p>CALORIES: 636 - 715 - 785</p> <p>Alt: Chicken Pattie on Whole Wheat Bun</p>	<p>Chicken &amp; Spinach Alfredo Pasta Steamed &amp; Seasoned California Blend Veggies Cheddar Cheese Biscuit Fruit Assortment Banana Cake Milk</p> <p>CALORIES: 625 - 785</p> <p>Alt: Meatball Sub</p>	<p>Wild Mike's Loaded Pizza Bites w/Marinara Sauce Peach Salad Luigi's Italian Ice Cup Milk</p> <p>CALORIES: 620 - 708 - 754</p> <p>Alt: BBQ Rib on Club Roll</p>

MONDAY, NOVEMBER 19	TUESDAY, NOVEMBER 20	WEDNESDAY, NOVEMBER 21	THURSDAY, NOVEMBER 22	FRIDAY, NOVEMBER 23
<p>Whole Grain Chicken Nuggets Smyle Fries Loaded Veggie Salad w/Low Fat Dressing Whole Wheat Dinner Roll Diced Peaches &amp; Pears Milk</p> <p>CALORIES: 638 - 735</p> <p>Alt: BBQ Rib on Club Roll</p>	<p>Whole Wheat French Toast Sticks w/Blueberries Turkey Sausage Pattie Breakfast Potatoes Applesauce Cup Milk</p> <p>CALORIES: 688 - 728 - 785</p> <p>Alt: All Natural Hot Dog on Whole Wheat Bun</p>	<p>Whole Grain Personal Round Cheese or Turkey Pepperoni Pizza Assorted Salads Assorted Fruit Milk</p> <p>CALORIES: 638 - 740 - 786</p> <p>Alt: Manager's Choice</p>	<p><b>NO</b></p> <p><b>SCHOOL</b></p> <p><b>THANKSGIVING</b></p> <p><b>DAY</b></p>	<p><b>NO</b></p> <p><b>SCHOOL</b></p> <p><b>THANKSGIVING</b></p> <p><b>RECESS</b></p>

MONDAY, NOVEMBER 26	TUESDAY, NOVEMBER 27	WEDNESDAY, NOVEMBER 28	THURSDAY, NOVEMBER 29	FRIDAY, NOVEMBER 30
<p>Low Fat Bosco Sticks w/Marinara Sauce Peach Salad Fruit Milk</p> <p>CALORIES: 634 - 682 - 785</p> <p>Alt: BBQ Rib on Club Roll</p>	<p>WW Cinnamon Pancakes w/Strawberries Turkey Sausage Links Hash Brown Pattie Applesauce Cup Milk</p> <p>CALORIES: 688 - 728 - 785</p> <p>Alt: All Natural Hot Dog on Whole Wheat Bun</p>	<p>Whole Wheat Rotini Pasta w/Meat Sauce Italian Blend Salad w/Low Fat Dressing French Bread Luigi's Italian Ice Milk</p> <p>CALORIES: 642 - 730 - 785</p> <p>Alt: Chicken Pattie on Whole Wheat Bun</p>	<p>Chicken &amp; Salsa or Cheese Quesadilla Spanish Rice w/Red &amp; Green Peppers Mexican Corn Cinnamon Churros Pineapple Tidbits Milk</p> <p>CALORIES: 688 - 726 - 785</p> <p>Alt: Meatball Sub w/Salad</p>	<p>Darien's Own Homemade Macaroni &amp; Cheese Steamed &amp; Seasoned Zucchini &amp; Yellow Squash Whole Wheat Dinner Roll Homemade Pumpkin Cake Milk</p> <p>CALORIES: 730 - 785</p> <p>Alt: All Natural Hamburger or Cheeseburger on WW Bun w/Salad</p>

Ala Carte Menu Items: Chicken Tender Salad, Whole Wheat Breads & Pizza, hummus w/veggies, hummus w/pretzels, Low Fat Muffins,

Bagged Graham & Cheese Crackers, Low Sodium Hot Pretzels, Bagged Apples, Yogurt, String Cheese, Low Fat Milk, 100% Juice, Bottled Water