

NOVEMBER 2009

MONDAY

Pick of the Month - *Pumpkin*



CORVALLIS ELEMENTARY SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Pancake Sausage Dog or Ass't Whole Grain Cereal Kiwi <i>A trip through the Salad Bar & an Entrée of your choice!</i></p> <p>#1 Baked Chicken #2 Low Fat Turkey & Cheese Sandwich on Whole Wheat Bread</p>	<p>3 Mini Pancakes or Ass't Whole Grain Cereal Grapes <i>A trip through the Salad Bar & an Entrée of your Choice!</i></p> <p>#1 Cheesy Pasta w/Meat Sauce #2 Pizza on our Classic Whole Wheat Crust (Pepperoni or *Veggie)</p>	<p>4 Low Fat Pumpkin Muffin or Ass't Whole Grain Cereal Orange Juice <i>A trip through the Salad Bar & an Entrée of your Choice!</i></p> <p>#1 Corndog (Low fat Chicken) #2 *Fried Rice w/Egg Roll & Fortune Cookie</p> 	<p>5 Rise and Shine Breakfast Pizza or Ass't Whole Grain Cereal Mixed Fruit <i>A trip through the Salad Bar & an Entrée of your Choice!</i></p> <p>#1 Tex Mex Taco #2 **"Build Your Own" Baked Potato</p>	<p>6 Wh. Wht. Maple Roll or Ass't Whole Grain Cereal Sliced Peaches <i>A trip through the Salad Bar & an Entrée of your Choice!</i></p> <p>ULTIMATE BURGER BASKET w/Tomato & Lettuce</p>
<p>9 Breakfast Square or Ass't Whole Grain Cereal Apricots <i>A trip through the Salad Bar & an Entrée of your Choice!</i></p> <p>#1 Corndog (Low fat Chicken) #2 Low Fat Turkey & Cheese Sandwich on Whole Wheat Bread</p> 	<p>10 Breakfast Rounds or Ass't Whole Grain Cereal Pears <i>A trip through the Salad Bar & an Entrée of your Choice!</i></p> <p>#1 Italian Spaghetti w/Marinara Sauce & French Bread #2 Chicken Nuggets</p>	<p>11 Veterans Day</p> 	<p>12 Low Fat Fruit Muffin or Ass't Whole Grain Cereal Grape Juice <i>A trip through the Salad Bar & an Entrée of your Choice!</i></p> <p>#1 Low Fat Ham & Cheese Sandwich on Whole Wheat Bread #2 *Fiesta Taco Salad w/Spanish Rice</p>	<p>13 Breakfast Square or Ass't Whole Grain Cereal Orange Wedge <i>A trip through the salad bar & an Entrée of your Choice!</i></p> <p>HOT DOG BAR *Chili</p> 
<p>16 Buttermilk Bar or Ass't Whole Grain Cereal Apple <i>A trip through the Salad Bar & an Entrée of your choice!</i></p> <p>#1 Cheese Quesadilla #2 "Catch of the Day" Fish & Chips</p>	<p>17 Low Fat Fruit Muffin or Ass't Whole Grain Cereal Grapes <i>A trip through the Salad Bar & an Entrée of your Choice!</i></p> <p>#1 Juicy Hamburger on Wh Wht Bun #2 Oriental Rice Bowl *Plain or w/Sweet & Sour Turkey</p>	<p>18 Cheese Pizza Pocket or Ass't Whole Grain Cereal Mixed Fruit <i>A trip through the Salad Bar & an Entrée of your Choice!</i></p> <p>#1 Pizza on our Classic Whole Wheat Crust (Pepperoni or *Veggie) #2 Low Fat Turkey & Cheese Sandwich on Whole Wheat Bread</p> 	<p>19 Free Breakfast Breakfast Rounds or Ass't Whole Grain Cereal Orange Wedges <i>A trip through the Salad Bar & an Entrée of your Choice!</i></p> <p>#1 Turkey Gravy w/Mashed Potatoes & Dinner Roll #2 *Toasted Cheese Sand. <i>Pumpkin Pudding</i></p> 	<p>20 Wh. Wht. Cinnamon Twist or Ass't Whole Grain Cereal Grape Juice</p> <p>MUNCH-A-LUNCH CORN DOG OR PB&J on Whole Wheat Bread</p> 
<p>23 Waffle w/Berries Or Ass't Whole Grain Cereal Berries <i>A trip through the Salad Bar & an Entrée of your Choice!</i></p> <p>#1 "Cluck Cluck" Chicken Patty Sandwich on Whole Wheat Bread #2 *Pintos and Cheese w/Tortilla Chips</p>	<p>24 Low Fat Pumpkin Bread or Ass't Whole Grain Cereal Apple <i>A trip through the salad bar & an Entrée of your Choice!</i></p> <p>#1 *Homemade Cheesy Macaroni #2 *Bean & Cheese Burrito</p> 	<p>25 Turkey Sausage Breakfast Pocket Or Ass't Whole Grain Cereal Banana <i>A trip through the salad bar & an Entrée of your Choice!</i></p> <p>#1 Shredded BBQ Chicken Sandwich #2 French Bread Pizza (Meat or *Cheese)</p>	<p>26 Happy Thanksgiving</p> 	<p>27 No School</p> 
<p>30 Pancake Sausage Dog or Ass't Whole Grain Cereal Kiwi <i>A trip through the Salad Bar & an Entrée of your choice!</i></p> <p>#1 Baked Chicken #2 Low Fat Turkey & Cheese Sandwich on Whole Wheat Bread</p>	<p>Free Breakfast November 19th! Walk or Bike to School for Good Health</p>	<p>LOCHMEAD Low Fat Milk Served With Every Meal</p>  <p>*Vegetarian Option</p>	<p>Salad Bar Fresh Salad Greens, Fruits, Veggies, & More Plus Lowfat Dressings</p> 	<p>DAILY SPECIAL PB&J Sandwich on Whole Wheat with Reduced-Sugar Jelly Breakfast - Whole Grain Cereals</p>

~~ Menu Subject to Change ~~

The Corvallis School District is an equal opportunity provider.

10/30/2009 10:39 AM