## SALEM CENTRAL CAFETERIA

## NOVEMBER LUNCH MENU

Menu subject to change without notice.

Milk Choices: White: 1% & skim Chocolate: Non fat Strawberry Non Fat Lactaid Milk available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			No .	PIZZA
			Lunch	ROMAINE CAESAR
			1/2 Day	SALAD
			-,,	ASSORTED FRUIT
				MILK
5	6	7	8	9
BREAKFAST FOR LUNCH	NACHO	No	POPCORN CHICKEN	PIZZA
WAFFLES, SAUSAGE	SEASONED BEEF	Lunch	SEASONED PASTA	ROMAINE CAESAR
HASH BROWN ,SYRUP	BROWN RICE SALSA	1/2 Day	CARROTS	SALAD
ASSORTED FRUIT	TOMATOES,SOUR		ASSORTED FRUIT	ASSORTED FRUIT
MILK	CREAM, CHEESE		MILK	MILK
	ASSORTED FRUIT			
12	13	14	15	16
NO SCHOOL	TACO BOWL	<b>BUILD A BURGER</b>	TURKEY DINNER	PIZZA
<b>VETERANS DAY</b>	<b>SEASONED BEEF</b>	WG BUN, LETTUCE	STUFFING, GRAVY,	<b>ROMAINE CAESAR</b>
<b>A</b>	<b>BROWN RICE, BEANS</b>	TOMATO, SWEET POTATO	CRANBERRY SAUCE	SALAD
	LETTUCE TOMATO	FRIES,	MASHED POTATOES	ASSORTED FRUIT
	CHEESE, SALSA	ASSORTED FRUIT	SQUASH, DESERT	MILK
	ASSORTED FRUIT	MILK	ASSORTED FRUIT	
19	20	21	22	23
CHICKEN NUGGETS	No	NO	NO	NO
STEAMED BROWN RICE	Lunch	SCHOOL	SCHOOL	SCHOOL
CARROTS	1/2 Day			
ASSORTED FRUIT				
MILK				
26	27	28	29	30
BOSCO STICKS	CHICKEN OR BEEF	TOASTED CHEESE	PASTA WITH MEAT	PIZZA

Student	prices Daily	Weekly
Full Pay	,	,
K-8	\$2.15	\$10 <i>.75</i>
9-12	\$2.40	\$12.00
Reduced	\$.25	\$1.25
Milk	\$.55	\$2.75

Hot Entrée listed (available on line #2) OR

Deli Sandwich (choice of fruit, vegetable & milk)

Garden Salad Bar (choice of fruit, grain & milk)

Home Made Soup (choice of vegetable, fruit, grain & milk)

A la carte items

Parents: Applications for Free or Reduced meal benefits are available on the school web page or from the food service office or the front office. Call 518-854-6040: wcary@salemcsd.org



**MARINARA SAUCE** FRESH CARROT STICKS **ASSORTED FRUIT** MILK

**FAJITA BROWN RICE BLACK BEANS PEPPERS AND ONIONS CHEESE ASSORTED FRUIT** 

**TOMATO SOUP CARROTS ASSORTED FRUIT** MILK

TOASTED CHEESE W/HAM SAUCE OR WHITE SAUCE W/G ROLL, TOSSED **SALAD ASSORTED FRUIT** MILK

**ROMAINE CAESAR SALAD ASSORTED FRUIT** MILK