

# Hoosic Valley CSD High School and Elementary November 2018:Lunch Menu

Attention parents!!  
Running short on time and looking for a healthy treat for your child to bring for their in class birthday or holiday celebrations?  
**Contact the food services department for**

<p>29 French Toast Sticks Sausage Maple Syrup Choice of Fruit Carrot and Celery</p>	<p>30 Hot Dog on a Whole Wheat Bun Vegetarian Beans Pickles Choice of Fruit</p>	<p>31 Pasta w/ Meat Sauce Whole Wheat Roll Steamed Carrots Choice of Fruit</p>	<p>1 Sheppard's Pie Ground Beef/Mashed Potatoes/Corn/Gravy Steamed Carrots WW Dinner Roll Variety of Fruit</p>	<p>2 Italian Dunkers Meatballs Marinara Sauce Steamed Green Beans Choice of Fruit</p>
<p>5 Whole Grain Popcorn Chicken Fluffy Brown Rice Steamed Sweet Peas Variety of Fruit</p>	<p>6 <u>Superintendent's Conference Day</u></p>	<p>7 Turkey Bagel Melt Red Pepper Strips Cucumber Coins Choice of Fruit</p>	<p>8 Build a Burger Whole Wheat Bun Let, Tom, On. Cheese Oven Baked Fries Baked Vegetarian Beans Carrot/Celery Sticks</p>	<p>9 Cheese Pizza Or Pepperoni Pizza Romaine Caesar Salad Choice of Fruit</p>
<p>12 <u>Holiday School and Offices Closed</u></p>	<p>13 Hard or Soft Shell Taco Romaine Lettuce, Tomatoes, Sour Cream Black Beans/Corn Variety of Fruit</p>	<p>14 French Toast Sticks Sausage Maple Syrup Choice of Fruit Carrot and Celery Sticks Red Pepper Strips</p>	<p>15 Roasted Turkey w/ Gravy Mashed Potatoes Steamed Sweet Peas WW Dinner Roll Choice of Fruit</p>	<p>16 Mozzarella Sticks Marinara WW Dinner Roll Steamed Broccoli Choice of Fruit</p>
<p>19 Whole Grain Chicken Nuggets Fluffy Brown Rice Steamed Green Beans Variety of Fruit</p>	<p>20 Pulled Pork Nachos Romaine Lettuce, Tomatoes, Sour Cream Refried Beans/Corn Variety of Fruits</p>	<p>21 <u>Holiday School and Offices Closed</u></p>	<p>22 <u>Holiday</u> </p>	<p>23 <u>Holiday</u> </p>
<p>26 Whole Grain Chicken Patty on a Whole Wheat Roll Sweet Potatoes WW Dinner Roll Choice of Fruit</p>	<p>27 Chicken and Cheese Quesadilla Black Beans/Corn Choice of Fruit</p>	<p>28 Grilled Cheese /Tuna Melt on Whole Wheat Tomato Soup Steamed Spinach Choice of Fruit</p>	<p>29 Corn Dog Vegetarian Beans Steamed Carrots Choice of Fruit</p>	<p>30 Cheese Pizza Or Pepperoni Pizza Romaine Caesar Salad Choice of Fruit</p>

## Available Daily:

Freshly made Chef and Tossed Salads, PB&J Sandwich on Whole Wheat Bread, or Turkey On a Whole Wheat Bun available in both schools.

Buffalo Chicken Wrap in High School Only.

Choice of Ice Cold 1% or Fat Free White Milk and Fat Free Chocolate Milk Served with Every Meal

We offer , Pears, Peaches, and Strawberries, Fruit Cocktail, In addition to Apple Sauce and Fresh Bananas, Plums, Oranges, Grapes, Local Apples, Carrots and Celery sticks Daily!!!

Prices:

High School Lunch: \$2.40

Elem. Lunch: \$2.15

Reduced Lunch: \$.25

Cafeteria Manager:

Michael Corlew  
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753-4458 ext. 2516

Menu is subject to change at the managers discretion.