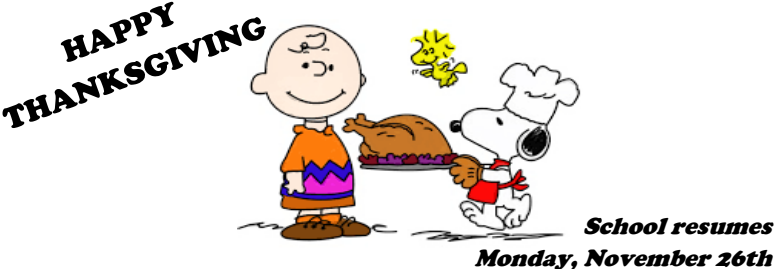


Lighthouse Academy North - November 2018

Meal Prices: Student Meals - No Charge, Adult Breakfast/Lunch \$2.50/\$4.00, Milk \$.50

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
29	Mini Egg & Cheese Sandwich Chicken Tenders Soft Pretzel Cooked Carrots Cucumbers w/ Ranch Fresh Apple Ice Cold Milk	30	Apple Cinnamon Toast Cheesy Beef Meatloaf Mashed Potatoes w/ Gravy Green Beans Dinner Roll Fresh Kiwi Ice Cold Milk	31	Turkey Bacon Breakfast Boat Chicken & Cheese Quesadilla Fiesta Beans & Rice Romaine Salad w/ Diced Tomatoes Fresh Banana Ice Cold Milk	1	Confetti Pancakes Cheesy Omelet Biscuit & Jelly Potato Starz Broccoli Zee Zee Grahams Fresh Grapes Ice Cold Milk	2 No School	
5	1/2 Day Breakfast will be served. Turkey Sausage Bites	6	Cini Minis Chicken Drumstick Corn Muffin Roasted Red Potatoes Celery Apple Slices Ice Cold Milk	7	Mini Egg & Cheese Slider Beef Nachos Lettuce, Cheese, Salsa Ranchero Beans & Rice Fresh Banana Ice Cold Milk	8	French Toast Sticks Chicken Sandwich Sweet Potato Waffle Fries Cucumber Slices Fruit Cocktail Ice Cold Milk	9 No School	
12	Mini Maple Waffles Yogurt Hamburger on a Bun Crinkle Cut Fries Carrots w/ Ranch Apple Slices Ice Cold Milk	13	Pancake Wrap Chicken Alfredo Garlic Toast Romaine Salad w/ Garbanzo Beans Fresh Oranges Ice Cold Milk	14	Chocolate Filled Crescent Roll Beef Burrito Baja Black Beans Carrot Sticks Smart Cookies Fresh Banana Ice Cold Milk	15	Beef Sausage Bagel w/ Cheese Confetti Pancakes Turkey Sausage Veggie Juice Strawberries Ice Cold Milk	16 No School	
19	Mini Egg & Cheese Sandwich Mini Corn Dogs Onion Rings Celery w/ Hummus Fresh Apple Ice Cold Milk	20	Apple Cinnamon Toast HARVEST SPECTACULAR Turkey & Gravy Mashed Potatoes Fresh Green Beans Dinner Roll Diced Peaches Elf Grahams Ice Cold Milk	 <p>HAPPY THANKSGIVING</p> <p>School resumes Monday, November 26th</p>					

MUNCHERS - Check with your school cook for ordering details



Breakfast: Cereal, string cheese & yogurt as a choice, Fruit Selections (raisins, apples, oranges, bananas & peaches), 100% Fruit Juice & Ice Cold Milk (skim milk, 1% white or chocolate).

Grades 6-12 have additional options: Graham Crackers, Cereal, Yogurt or Cheese Stick.

Lunch: Munchers & Sunbutter Sandwiches available as entrée choices. **Chef Salads** available at K-8 & K-12 sites.

Monday - Yogurt Muncher (Trix Yogurt, Hearty Granola, Blueberry Muffin, Carrots w/ Ranch & Dried Fruit)

Tuesday - Salad Muncher (Lettuce Blend, Shredded Cheese, Turkey Bacon, Tomato, Croutons w/Ranch, Sunflower Seeds, Cheese Crackers & Grapes)

Wednesday - Flatbread Muncher (Goldfish Flatbread, Turkey Breast, Swiss Cheese & Mayo/Mustard, Corn Salad, Roasted Chickpeas & Pineapple)

Thursday - Scoops Muncher (Tostitos Scoops, Land O Lakes Cheese Cup, Salsa, Refried Beans, Goldfish Grahams & Clementine)

Friday - Sunbutter & Jelly Muncher (Jelly Crescent, Sunbutter Spread, Cheese Stick, Celery w/Ranch, Apple Slices & Pretzels)

- All grain items are at least 50% whole grains.
- Ice Cold Milk (skim milk, 1% white or chocolate) from **Country Dairy** included with each meal or for .50¢.
- Salad bars available in K-8 & K-12 schools
- For more in-depth information on menus, nutritional analysis, contact information and related website links, check out our website at: www.grpublicschools.org/nutrition or use the QR code on this menu.



* Menu Item Contains Pork