



# Antelope School District: Plum Valley Elementary Breakfast & Lunch Menu, November 2017

The 5 Food Groups that is!

Give me 5!



Monday		Tuesday		Wednesday (June)		Thursday		Friday																
Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch															
<b>Daily Milk Choices:</b> Low-fat white milk, Fat free vanilla milk, Fat free chocolate milk <b>Whole Grain</b> =(WG) <b>Vegetarian</b> (V) available		<table border="1"> <tr> <td></td> <td>Breakfast</td> <td>Lunch</td> </tr> <tr> <td>Reduced Student</td> <td>\$0.30</td> <td>\$0.40</td> </tr> <tr> <td>Paid Student</td> <td>\$2.00</td> <td>\$3.00</td> </tr> <tr> <td>Milk</td> <td>\$0.50</td> <td>\$0.50</td> </tr> <tr> <td>Adults</td> <td>\$2.50</td> <td>\$3.50</td> </tr> </table> <p><b>*Please check your child's backpack for meal charges and make regular payments to their account.</b></p>			Breakfast	Lunch	Reduced Student	\$0.30	\$0.40	Paid Student	\$2.00	\$3.00	Milk	\$0.50	\$0.50	Adults	\$2.50	\$3.50	<b>1</b> <b>WG Pancakes</b> Fruit Milk 100% Juice	<b>Wacky Wed.</b> <b>Leftover lunch</b> Fruit and Vegetable Salad Bar Milk	<b>2</b> <b>Oatmeal and SPORT CRACKERS</b> Fruit Milk 100% Juice	<b>Taco Sticks</b> Fruit and vegetable Salad Bar Milk	<b>3</b> <b>Smoothies and Crackers</b> Fruit Milk 100% Juice	<b>CHEESE OR PEPPERONI PIZZA</b> Fruit and Vegetable Salad Bar Milk
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<b>6</b> <b>WHOLE GRAIN CEREAL &amp; SPORT CRACKERS</b> Fruit Milk 100% Fruit Juice	<b>Chicken Nuggets &amp; Scooby Cinnamon Sticks</b> Fruit and Vegetable Salad Bar Milk	<b>7</b> <b>Pan Dulce</b> Fruit Fruit Milk 100% Fruit Juice	<b>Bean &amp; Cheese Burrito</b> Fruit and Vegetable Salad Bar Milk	<b>8</b> <b>Breakfast Bake: Turkey Ham, Cheese, Egg</b> Fruit Milk 100% Fruit Juice	<b>Turkey Deli Sandwich</b> Fruit and Vegetable Salad Bar with shredded lettuce Milk	<b>9</b> <b>Oatmeal with Mixed Fruit</b> Milk 100% Juice	<b>Cheese Ravioli with Spaghetti Sauce</b> Fruit and Vegetable Salad Bar Milk																	
<b>13</b> <b>WHOLE GRAIN CEREAL &amp; SPORT CRACKERS</b> Fruit Milk 100% Fruit Juice	<b>CHICKEN NUGGETS &amp; SCOOBY CINNAMON STICKS</b> Fruit and Vegetable Salad Bar & Milk	<b>14</b> <b>WG Bagel, Cream Cheese &amp; Jelly</b> Fruit milk, 100% Juice	<b>Taco Sticks</b> Fruit and Vegetable Salad Bar Milk	<b>15</b> <b>WG PANCAKES</b> Fruit Milk 100% Juice	<b>Chicken Sandwich</b> Fruit and Vegetable Salad Bar Milk	<b>16</b> <b>Buttermilk Bar</b> Fruit Milk 100% Fruit Juice	<b>Turkey Dinner with Mashed Potatoes, Gravy &amp; Dessert</b> Fruit and Vegetable Salad Bar Milk	<b>17</b> <b>Yogurt &amp; Crackers</b> Fruit Milk 100% Juice	<b>PB&amp;J sandwich</b> Fruit and Vegetable Salad Bar Milk															
<b>20</b> <i>Happy Holiday</i>		<b>21</b> 		<b>22</b> <i>Thanksgiving</i>		<b>23</b> <i>Holiday</i>		<b>24</b> 																
<b>27</b> <b>WHOLE GRAIN CEREAL &amp; SPORT CRACKERS</b> Fruit Milk 100% Juice	<b>CHICKEN NUGGETS &amp; SCOOBY CINNAMON STICKS</b> Fruit and Vegetable Salad Bar Milk	<b>28</b> <b>Benefit Breakfast Bar</b> Fruit Milk 100% Juice	<b>Chicken Enchilada (V available)</b> Fruit and Vegetable Salad Bar Milk	<b>29</b> <b>Oatmeal with Mixed Fruit</b> Fruit Milk 100% Fruit Juice	<b>Corndog</b> Fruit Milk 100% Fruit Juice	<b>30</b> <b>Fruit Crisp</b> Fruit Milk 100% Fruit Juice	<b>Chili &amp; Cornbread Muffin</b> Fruit Milk 100% Fruit Juice	<b>1</b> <b>Breakfast Banana Split</b> Fruit Milk 100% Juice	<b>FRIDAY FUN DAY: CHEESE OR PEPPERONI PIZZA</b> Fruit and Vegetable Salad Bar Milk															

Five full components must be offered for lunch:

\*Meat/Meat Alternate (M/MA) minimum 1 oz equivalent, grain minimum (G/B) 1 oz equivalent (all grain products must be whole grain rich)

\*Vegetable (V) 3/4 cup

\*Fruit (F) 1/2 cup

\*Fluid Milk (M) 1 cup (fat-free unflavored/ flavor or 1% low fat unflavored)

**Example:** A Reimbursable Meal must contain **three** of the five components.

\*Two full components (M/MA, G/B, M) **And** \*A fruit (F) or vegetable (V) component or a combination of the two to make the third. \*At least 1/2 cup



Do you know what type of vegetable these are?