




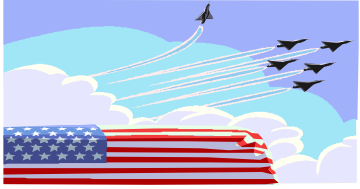









Montesano School District Elementary Menu

November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Taco Salad w/tortilla chips or Stuffed Breadsticks w/Marinara (v)</p> <p> Green Beans Applesauce <u>Milk</u></p>	<p>3</p> <p> Rib B Q on WW Bun or Cheese Quesadilla (v)</p> <p>Mixed Veggies Pineapple <u>Milk</u></p>	<p>4</p> <p> WG Pepperoni Pizza or WG Cheese Pizza (v)</p> <p>Potato Wedges Fruit Cocktail <u>Milk</u></p>	<p>5</p> <p> Hamburger on WW Bun or Bean & Cheese Burrito (v)</p> <p>Veggie Pasta Salad Pears <u>Milk</u></p>	<p>6</p> <p>Sheppard's Pie WW Roll Orange Smiles <u>Milk</u></p>
Breakfast Burrito	WG Pop tart & String Cheese	French Toast Sticks & Sausage	Biscuits & Gravy	Waffle Sticks
<p>9</p> <p>Early Release Conferences</p> <p> Turkey & Cheese on WW Bun or Stuffed Breadsticks w/Marinara (v)</p> <p>Animal Crackers, Broccoli, Peaches <u>Milk</u></p>	<p>10</p> <p>WG Corn Dog or Cheese Quesadilla (v)</p> <p>Carrot Sticks, Apples <u>Milk</u></p>	<p>11</p> <p>No School Veterans Day</p> 	<p>12</p> <p>Early Release Conferences</p> <p> Chicken Burger on WW Bun or Bean & Cheese Burrito (v)</p> <p>Mixed Veggies, Oranges <u>Milk</u></p>	<p>13</p> <p> Pepperoni Pizza or WG Cheese Pizza (v)</p> <p>Broccoli, Fruit Crisp <u>Milk</u></p>
Cereal Bar & String Cheese	Pancakes & Sausage		WG Cinnamon Roll & Yogurt	Egg & Cheese on WW Bun
<p>16</p> <p>Chef Salad w/WW Roll or Stuffed Breadsticks w/Marinara (v)</p> <p> Green Beans Applesauce <u>Milk</u></p>	<p>17</p> <p> Chicken Nuggets or Cheese Quesadilla (v)</p> <p>Mixed Veggies, Pineapple Chocolate Pudding, Roll <u>Milk</u></p>	<p>18</p> <p> WG Pepperoni Pizza or WG Cheese Pizza (v)</p> <p>Baked Fries Fresh Orange <u>Milk</u></p>	<p>19</p> <p> Sloppy Joes on WW Bun or Bean & Cheese Burrito (v)</p> <p>Mexi Corn Rainbow Apples <u>Milk</u></p>	<p>20</p> <p> Beef & Bean Chili White Rice, Cornbread Tossed Salad, Peaches <u>Milk</u></p>
Breakfast Burrito	WG Pop tart & String Cheese	French Toast Sticks & Sausage	Biscuits & Gravy	Waffle Sticks

Cereal is offered daily as an alternate for breakfast.

Cold milk and fruit are available daily at breakfast.

(v) = vegetarian

 = Balanced Choices Meal

Meal Prices @ Montesano Elementary Schools

Breakfast: Paid \$1.75, Reduced \$0.00, Free \$0.00

Lunch: Paid \$2.25, Reduced K-3 \$0.00, 4-6 \$0.40, Free \$0.00

You may qualify for free or reduced price meals.
Applications are available at all schools and the district office. For questions regarding the food service program, you can call the food service office at (360) 249-1642.

This Institution is an Equal Opportunity Provider.

Montesano School District Elementary Menu

November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
 Ham & Cheese Sub Sandwich ²³ <i>or Stuffed Breadsticks w/Marinara (v)</i> Animal Crackers, Orange Grape Juice <u>Milk</u>	 Turkey Hot Dog on WW Bun ²⁴ <i>or Cheese Quesadilla (v)</i> Potato Wedges Pineapple <u>Milk</u>	<i>Early Release</i>  WG Pepperoni Pizza ²⁵ <i>or WG Cheese Pizza (v)</i> Steamed Broccoli, Baked Apple Slices <u>Milk</u>	Thanksgiving ²⁶ 	No School ²⁷
<i>Cereal Bar & String Cheese</i>	<i>Pancakes & Sausage</i>	<i>Egg & Cheese on WW Bun</i>		
 Cheerios w/yogurt & Ham Cubes ³⁰ <i>or Stuffed Breadsticks w/Marinara (v)</i> Graham Crackers Apple Juice, Orange Smiles <u>Milk</u>				
<i>Breakfast Burrito</i>				

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Balance Choices: When selecting the balance choice meal, students receive 100% of USDA requirements.

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