

Bahrain School Lunch Menu November 2018



October 28	October 29	October 30	October 31	1
Choice of One:	Choice of One:	Choice of One:	Choice of One:	Choice of One:
Teriyaki Chicken w/Rice	Soft Tacos	Beef Stir Fry w/Rice	Chicken Sandwich	Supreme Pizza
Meatball Sub	Grilled Cheese w/Soup	Hummus w/Pita	Sloppy Joe	Chicken Caesar Wrap
		•		•
Choice of Fruit:	Choice of Fruit:	Choice of Fruit:	Choice of Fruit:	Choice of Fruit:
Fresh Melon	Fresh Apple	Fresh Banana	Fresh Grapes	Fresh Orange
Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup
Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:
Green Beans	Side Salad	California Vegetable Blend	Roasted Potatoes	Corn
Mixed Vegetables	Green Peas	Fresh Carrots w/Dip	Cucumber & Tomato Salad	Baked Beans
Choice of:	Choice of:	Choice of:	Choice of:	Choice of:
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk
4	5	6	7	8
Choice of One:	Choice of One:	Choice of One:	Choice of One:	
Beef Burrito	Spaghetti w/Garlic Bread	Chicken Tikka Masala	Chicken Tenders w/Roll	NO SCHOOL
Parmesan Chicken Sub	General Tso's Chicken w/Rice	Beef Goulash w/Noodles	Nacho Salad	NO 3CHOOL
Choice of Fruit:	Choice of Fruit:	Choice of Fruit:	Choice of Fruit:	
Fresh Melon	Fresh Apple	Fresh Banana	Fresh Grapes	
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Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup	
Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:	
Green Beans	Side Salad	Garden Vegetable Blend	Corn	
Mixed Vegetables	Green Peas	Fresh Carrots w/Dip	Cucumber & Tomato Cup	
Choice of:	Choice of:	Choice of:	Choice of:	
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	
11	12	13	14	15
Choice of One:	Choice of One:	Choice of One:	17	Choice of One:
Teriyaki Chicken w/Rice	Soft Tacos	Chicken Stir Fry w/Rice	NO SCHOOL	Hot Dog
Meatball Sub	Grilled Cheese w/Soup	Hummus w/Pita		Hamburger
Choice of Fruit:	Choice of Fruit:	Choice of Fruit:		Choice of Fruit:
Fresh Melon	Fresh Apple	Fresh Banana		Fresh Orange
Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup		Chilled Fruit Cup
Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:		Choice of Vegetables:
Green Beans	Side Salad	California Vegetable Blend		Corn
Mixed Vegetables	Green Peas	Fresh Carrots w/Dip		Baked Beans
9				
Choice of:	Choice of:	Choice of:		Choice of:
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk		Ice Cold Milk
		Parents Conference		
		Elementary No School		
18	19	20	21	22
Choice of One:	Choice of One:	Thanksgiving Celebration	Choice of One:	
		0 0		
Beef Burrito	Spaghetti w/Garlic Bread	Choice of One:	Chicken Tenders w/Roll	
Parmesan Chicken Sub	General Tso's Chicken w/Rice	Turkey w/Stuffing w/Cornbread	Nacho Salad	NO SCHOOL
Choice of Fruit:	Choice of Fruit:	Ham w/Stuffing w/Cornbread	Choice of Fruit:	NO SCHOOL
Fresh Melon	Fresh Apple	Choice of Fruit:	Fresh Grapes	
Chilled Fruit Cup	Chilled Fruit Cup	Fresh Grapes	Chilled Fruit Cup	
Choice of Vegetables:	Choice of Vegetables:	Fresh Oranges	Choice of Vegetables:	
Green Beans	Side Salad	Choice of Vegetables:	Corn	
Mixed Vegetables	Green Peas	Mashed Potatoes w/Gravy	Cucumber & Tomato Cup	
Choice of:	Choice of:	Green Bean Casserole	Choice of:	
Ice Cold Milk	Ice Cold Milk	Choice of:	Ice Cold Milk	
		Ice Cold Milk		
25	26	27	28	29
Choice of One:		Choice of One:		Choice of One:
	Choice of One:			Supreme Pizza
Teriyaki Chicken w/Rice	Choice of One: Soft Tacos	Chicken Stir Fry w/Rice		
Teriyaki Chicken w/Rice	Soft Tacos			!
Teriyaki Chicken w/Rice Meatball Sub	Soft Tacos Grilled Cheese w/Soup	Hummus w/Pita	NO SCHOOL	Chicken Caesar Wrap
Teriyaki Chicken w/Rice Meatball Sub Choice of Fruit:	Soft Tacos Grilled Cheese w/Soup Choice of Fruit:	Hummus w/Pita Choice of Fruit:	NO SCHOOL	Chicken Caesar Wrap Choice of Fruit:
Teriyaki Chicken w/Rice Meatball Sub Choice of Fruit: Fresh Melon	Soft Tacos Grilled Cheese w/Soup Choice of Fruit: Fresh Apple	Hummus w/Pita Choice of Fruit: Fresh Banana	NO SCHOOL	Chicken Caesar Wrap Choice of Fruit: Fresh Orange
Teriyaki Chicken w/Rice Meatball Sub Choice of Fruit: Fresh Melon Chilled Fruit Cup	Soft Tacos Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cup	Hummus w/Pita Choice of Fruit: Fresh Banana Chilled Fruit Cup	NO SCHOOL	Chicken Caesar Wrap Choice of Fruit: Fresh Orange Chilled Fruit Cup
Teriyaki Chicken w/Rice Meatball Sub Choice of Fruit: Fresh Melon Chilled Fruit Cup Choice of Vegetables:	Soft Tacos Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cup Choice of Vegetables:	Hummus w/Pita Choice of Fruit: Fresh Banana Chilled Fruit Cup Choice of Vegetables:	NO SCHOOL	Chicken Caesar Wrap Choice of Fruit: Fresh Orange Chilled Fruit Cup Choice of Vegetables:
Teriyaki Chicken w/Rice Meatball Sub Choice of Fruit: Fresh Melon Chilled Fruit Cup	Soft Tacos Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cup	Hummus w/Pita Choice of Fruit: Fresh Banana Chilled Fruit Cup	NO SCHOOL	Chicken Caesar Wrap Choice of Fruit: Fresh Orange Chilled Fruit Cup
Teriyaki Chicken w/Rice Meatball Sub Choice of Fruit: Fresh Melon Chilled Fruit Cup Choice of Vegetables:	Soft Tacos Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cup Choice of Vegetables:	Hummus w/Pita Choice of Fruit: Fresh Banana Chilled Fruit Cup Choice of Vegetables:	NO SCHOOL	Chicken Caesar Wrap Choice of Fruit: Fresh Orange Chilled Fruit Cup Choice of Vegetables:
Teriyaki Chicken w/Rice Meatball Sub Choice of Fruit: Fresh Melon Chilled Fruit Cup Choice of Vegetables: Green Beans	Soft Tacos Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cup Choice of Vegetables: Side Salad	Hummus w/Pita Choice of Fruit: Fresh Banana Chilled Fruit Cup Choice of Vegetables: California Vegetable Blend	NO SCHOOL	Chicken Caesar Wrap Choice of Fruit: Fresh Orange Chilled Fruit Cup Choice of Vegetables: Corn
Teriyaki Chicken w/Rice Meatball Sub Choice of Fruit: Fresh Melon Chilled Fruit Cup Choice of Vegetables: Green Beans Mixed Vegetables	Soft Tacos Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cup Choice of Vegetables: Side Salad Green Peas	Hummus w/Pita Choice of Fruit: Fresh Banana Chilled Fruit Cup Choice of Vegetables: California Vegetable Blend Fresh Carrots w/Dip	NO SCHOOL	Chicken Caesar Wrap Choice of Fruit: Fresh Orange Chilled Fruit Cup Choice of Vegetables: Corn Baked Beans

Meal Prices: Elementary: \$3.00 Secondary: \$3.25 To participate in the Bahrain Student Meal Program, please purchase tickets at the NEX Customer Service Desk or provide cash during daily lunch service.

Visit <u>www.mynavyexchange.com/smp</u> for further SMP information.

