



# Bahrain School Lunch Menu November 2018



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

**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 [www.mynavyexchange.com/smp](http://www.mynavyexchange.com/smp) for further SMP information.

