



Sullivans Elementary School

October 29 Choice of One: Ham & Cheese Melt Orange Chicken w/Rice Choice of Fruit: Fresh Melon			y School	
Choice of One: Ham & Cheese Melt Orange Chicken w/Rice Choice of Fruit:	October 30	October 31	1	2
Orange Chicken w/Rice Choice of Fruit:	Choice of One:	Choice of One:	Choice of One:	
Orange Chicken w/Rice Choice of Fruit:	Hot Dog	Spaghetti w/Roll	Grilled Chicken Salad w/Flatbread	
Choice of Fruit:	Chicken Tenders	BBQ Chicken Sandwich	Ranch Chicken Vegetable Wrap	
				10
Fresh Melon	Choice of Fruit:	Choice of Fruit:	Choice of Fruit:	
	Fresh Apple	Fresh Banana	Fresh Grapes	
hilled Mandarin Orange Cup	Whole Fruit Juice Cup	Chilled Mango Cup	Chilled Peach Cup	Teacher
Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:	Workday
Green Beans	Side Salad	Capri Vegetable Blend	Roasted Potatoes	
Mixed Vegetables	Green Peas	Fresh Carrots w/Dip	Cucumber & Tomato Salad	
e e	Choice of:		Choice of:	
Choice of:		Choice of:		
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	
5	6	7	8	9 Choice of One:
Choice of One:	Choice of One:	Choice of One:	Choice of One:	
Teriyaki Chicken w/Rice	Soft Tacos	Chicken Adobo w/Rice	Chicken Sandwich	Cheese Sticks
BBQ Meatballs	Grilled Cheese w/Soup	Lasagna w/Garlic Roll	Breakfast for Lunch	Cheeseburger w/Onion Ring
w/Mashed Potatoes	Choice of Fruit:	Choice of Fruit:	Choice of Fruit:	Choice of Fruit:
Choice of Fruit:	Fresh Apple	Fresh Banana	Fresh Grapes	Fresh Orange
Fresh Melon	Chilled Fruit Cocktail Cup	Chilled Pineapple Cup	Chilled Applesauce Cup	Mixed Fruit Cup
Chilled Strawberry Cup	Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:
Choice of Vegetables:	Side Salad	Garden Vegetable Blend	Roasted Potatoes	Corn
Green Beans	Green Peas	Fresh Carrots w/Dip	Cucumber & Tomato Salad	Baked Beans
Mixed Vegetables	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				
12	13	14	15	16
			Thanksgiving Celebration	Choice of One:
NO SCHOOL DAY!!!	NO SCHOOL DAY!!!	NO SCHOOL DAY!!!		
NO SCHOOL DAY!!!	NO SCHOOL DAY!!!	NO SCHOOL DAT!!!	Choice of One:	Pizza
			Turkey w/Stuffing w/Cornbread	Fish Filet w/Macaroni & Chee
VETERNS DAY!!!	PARENT / TEACHER	PARENT / TEACHER	Ham w/Stuffing w/Cornbread	Choice of Fruit:
	CONFERENCES	CONFERENCES	Choice of Fruit:	Fresh Orange
			Fresh Grapes	Mixed Fruit Cup
			Fresh Oranges	Choice of Vegetables:
			5	_
			Choice of Vegetables:	Corn
			Mashed Potatoes w/Gravy	Baked Beans
			Green Bean Casserole	Choice of:
			Choice of:	Ice Cold Milk
			Ice Cold Milk	
19	20	21	22	23
Choice of One:	Choice of One:	Choice of One:	22	25
Teriyaki Chicken w/Rice	Soft Tacos	Chicken Adobo w/Rice	NO SCHOOL DAY!!!	NO SCHOOL DAY!!!
BBQ Meatballs	Grilled Cheese w/Soup	Lasagna w/Garlic Roll		
w/Mashed Potatoes	Choice of Fruit:	Choice of Fruit:	THANKSGIVING DAY!!!	
Choice of Fruit:	Fresh Apple	Fresh Banana		
Fresh Melon	Chilled Fruit Cocktail Cup	Chilled Pineapple Cup		
Chilled Strawberry Cup	Choice of Vegetables:	Choice of Vegetables:		
	Side Salad	Garden Vegetable Blend		
Choice of Vegetables:	Green Peas	Fresh Carrots w/Dip		
Choice of Vegetables: Green Beans	Choice of:	Choice of:		
Green Beans	Ice Cold Milk	Ice Cold Milk		
Green Beans Mixed Vegetables	Ice Cold Milk	Ice Cold Milk		
Green Beans Mixed Vegetables Choice of: Ice Cold Milk			20	20
Green Beans Mixed Vegetables Choice of: Ice Cold Milk 26	27	28	29 Choice of One:	30 Choice of Oper
Green Beans Mixed Vegetables Choice of: Ice Cold Milk 26 Choice of One:	27 Choice of One:	28 Choice of One:	Choice of One:	Choice of One:
Green Beans Mixed Vegetables Choice of: Ice Cold Milk 26 Choice of One: Ham & Cheese Melt	27 Choice of One: Hot Dog	28 Choice of One: Spaghetti w/Roll	Choice of One: Grilled Chicken Salad w/Flatbread	Choice of One: Pizza
Green Beans Mixed Vegetables Choice of: Ice Cold Milk 26 Choice of One:	27 Choice of One:	28 Choice of One:	Choice of One:	Choice of One: Pizza
Green Beans Mixed Vegetables Choice of: Ice Cold Milk 26 Choice of One: Ham & Cheese Melt	27 Choice of One: Hot Dog	28 Choice of One: Spaghetti w/Roll	Choice of One: Grilled Chicken Salad w/Flatbread	Choice of One: Pizza
Green Beans Mixed Vegetables Choice of: Ice Cold Milk 26 Choice of One: Ham & Cheese Melt Orange Chicken w/Rice	27 Choice of One: Hot Dog Chicken Tenders Choice of Fruit:	28 Choice of One: Spaghetti w/Roll BBQ Chicken Sandwich Choice of Fruit:	Choice of One: Grilled Chicken Salad w/Flatbread Ranch Chicken Vegetable Wrap Choice of Fruit:	Choice of One: Pizza Fish Filet w/Macaroni & Chee Choice of Fruit:
Green Beans Mixed Vegetables Choice of: Ice Cold Milk 26 Choice of One: Ham & Cheese Melt Orange Chicken w/Rice Choice of Fruit: Fresh Melon	27 Choice of One: Hot Dog Chicken Tenders Choice of Fruit: Fresh Apple	28 Choice of One: Spaghetti w/Roll BBQ Chicken Sandwich Choice of Fruit: Fresh Banana	Choice of One: Grilled Chicken Salad w/Flatbread Ranch Chicken Vegetable Wrap Choice of Fruit: Fresh Grapes	Choice of One: Pizza Fish Filet w/Macaroni & Chee Choice of Fruit: Fresh Orange
Green Beans Mixed Vegetables Choice of: Ice Cold Milk 26 Choice of One: Ham & Cheese Melt Orange Chicken w/Rice Choice of Fruit: Fresh Melon hilled Mandarin Orange Cup	27 Choice of One: Hot Dog Chicken Tenders Choice of Fruit: Fresh Apple Whole Fruit Juice Cup	28 Choice of One: Spaghetti w/Roll BBQ Chicken Sandwich Choice of Fruit: Fresh Banana Chilled Mango Cup	Choice of One: Grilled Chicken Salad w/Flatbread Ranch Chicken Vegetable Wrap Choice of Fruit: Fresh Grapes Chilled Peach Cup	Choice of One: Pizza Fish Filet w/Macaroni & Chee Choice of Fruit: Fresh Orange Mixed Fruit Cup
Green Beans Mixed Vegetables Choice of: Ice Cold Milk 26 Choice of One: Ham & Cheese Melt Orange Chicken w/Rice Choice of Fruit: Fresh Melon hilled Mandarin Orange Cup Choice of Vegetables:	27 Choice of One: Hot Dog Chicken Tenders Choice of Fruit: Fresh Apple Whole Fruit Juice Cup Choice of Vegetables:	28 Choice of One: Spaghetti w/Roll BBQ Chicken Sandwich Choice of Fruit: Fresh Banana Chilled Mango Cup Choice of Vegetables:	Choice of One: Grilled Chicken Salad w/Flatbread Ranch Chicken Vegetable Wrap Choice of Fruit: Fresh Grapes Chilled Peach Cup Choice of Vegetables:	Choice of One: Pizza Fish Filet w/Macaroni & Chee Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables:
Green Beans Mixed Vegetables Choice of: Ice Cold Milk 26 Choice of One: Ham & Cheese Melt Orange Chicken w/Rice Choice of Fruit: Fresh Melon hilled Mandarin Orange Cup Choice of Vegetables: Green Beans	27 Choice of One: Hot Dog Chicken Tenders Choice of Fruit: Fresh Apple Whole Fruit Juice Cup Choice of Vegetables: Side Salad	28 Choice of One: Spaghetti w/Roll BBQ Chicken Sandwich Choice of Fruit: Fresh Banana Chilled Mango Cup Choice of Vegetables: Capri Vegetable Blend	Choice of One: Grilled Chicken Salad w/Flatbread Ranch Chicken Vegetable Wrap Choice of Fruit: Fresh Grapes Chilled Peach Cup Choice of Vegetables: Roasted Potatoes	Choice of One: Pizza Fish Filet w/Macaroni & Chee Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables: Corn
Green Beans Mixed Vegetables Choice of: Ice Cold Milk 26 Choice of One: Ham & Cheese Melt Orange Chicken w/Rice Choice of Fruit: Fresh Melon chilled Mandarin Orange Cup Choice of Vegetables:	27 Choice of One: Hot Dog Chicken Tenders Choice of Fruit: Fresh Apple Whole Fruit Juice Cup Choice of Vegetables:	28 Choice of One: Spaghetti w/Roll BBQ Chicken Sandwich Choice of Fruit: Fresh Banana Chilled Mango Cup Choice of Vegetables:	Choice of One: Grilled Chicken Salad w/Flatbread Ranch Chicken Vegetable Wrap Choice of Fruit: Fresh Grapes Chilled Peach Cup Choice of Vegetables:	Choice of One: Pizza Fish Filet w/Macaroni & Chee Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables:
Green Beans Mixed Vegetables Choice of: Ice Cold Milk 26 Choice of One: Ham & Cheese Melt Orange Chicken w/Rice Choice of Fruit: Fresh Melon thilled Mandarin Orange Cup Choice of Vegetables: Green Beans	27 Choice of One: Hot Dog Chicken Tenders Choice of Fruit: Fresh Apple Whole Fruit Juice Cup Choice of Vegetables: Side Salad	28 Choice of One: Spaghetti w/Roll BBQ Chicken Sandwich Choice of Fruit: Fresh Banana Chilled Mango Cup Choice of Vegetables: Capri Vegetable Blend	Choice of One: Grilled Chicken Salad w/Flatbread Ranch Chicken Vegetable Wrap Choice of Fruit: Fresh Grapes Chilled Peach Cup Choice of Vegetables: Roasted Potatoes	Choice of One: Pizza Fish Filet w/Macaroni & Chee Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables: Corn

Meal Prices: Elementary: \$3.00 Secondary: \$3.25

MyPaymentsPlus*



Pre-pay for your student's meal account online at

Menu subject to change based on availability

www.mypaymentsplus.com

This institution is an equal opportunity employer





Yokosuka Middle School

Yokosuka Middle School					
October 29 Choice of One: Ham & Cheese Melt Orange Chicken w/Rice	October 30 Choice of One: Hot Dog Chicken Tenders	October 31 Choice of One: Spaghetti w/Roll BBQ Chicken Sandwich	1 Choice of One: Grilled Chicken Salad w/Flatbread	2	
Choice of Fruit: Fresh Melon Chilled Mandarin Orange Cup Choice of Vegetables: Green Beans Mixed Vegetables Choice of: Ice Cold Milk	Choice of Fruit: Fresh Apple Whole Fruit Juice Cup Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk	Choice of Fruit: Fresh Banana Chilled Mango Cup Choice of Vegetables: Capri Vegetable Blend Fresh Carrots w/Dip Choice of: Ice Cold Milk	Ranch Chicken Vegetable Wrap Choice of Fruit: Fresh Grapes Chilled Peach Cup Choice of Vegetables: Roasted Potatoes Cucumber & Tomato Salad Choice of: Ice Cold Milk	Teacher Workday	
5	6	7	8	9	
Choice of One: Teriyaki Chicken w/Rice BBQ Meatballs w/Mashed Potatoes Choice of Fruit: Fresh Melon Chilled Strawberry Cup Choice of Vegetables: Green Beans Mixed Vegetables Choice of: Ice Cold Milk	Choice of One: Soft Tacos Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cocktail Cup Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk	Choice of One: Chicken Adobo w/Rice Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Pineapple Cup Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip Choice of: Ice Cold Milk	Choice of One: Spicy Chicken Sandwich Breakfast for Lunch Choice of Fruit: Fresh Grapes Chilled Applesauce Cup Choice of Vegetables: Roasted Potatoes Cucumber & Tomato Salad Choice of: Ice Cold Milk	Choice of One: Cheese Sticks Cheeseburger w/Onion Rings Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables: Corn Baked Beans Choice of: Ice Cold Milk	
12	13	14 Thanksgiving Celebration	15 Choice of One:	16 Choice of One:	
NO SCHOOL DAY!!! VETERNS DAY!!!	NO SCHOOL DAY!!! PARENT / TEACHER CONFERENCES	Turkey w/Stuffing w/Cornbread Ham w/Stuffing w/Cornbread Choice of Fruit: Fresh Grapes Fresh Oranges Choice of Vegetables: Mashed Potatoes w/Gravy Green Bean Casserole Choice of: Ice Cold Milk	Grilled Chicken Salad w/Flatbread Ranch Chicken Vegetable Wrap Choice of Fruit: Fresh Grapes Chilled Peach Cup Choice of Vegetables: Roasted Potatoes Cucumber & Tomato Salad Choice of: Ice Cold Milk	Pizza Pizza Fish Filet w/Macaroni & Cheese Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables: Corn Baked Beans Choice of: Ice Cold Milk	
19 Choice of One:	20 Choice of One:	21 Choice of Oney	22	23	
Teriyaki Chicken w/Rice BBQ Meatballs w/Mashed Potatoes Choice of Fruit: Fresh Melon Chilled Strawberry Cup Choice of Vegetables: Green Beans Mixed Vegetables Choice of: Ice Cold Milk	Soft Tacos Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cocktail Cup Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk	Choice of One: Chicken Adobo w/Rice Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Pineapple Cup Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip Choice of: Ice Cold Milk	NO SCHOOL DAY!!! THANKSGIVING DAY!!!	NO SCHOOL DAY!!!	
26 Choice of One: Ham & Cheese Melt Orange Chicken w/Rice Choice of Fruit: Fresh Melon Chilled Mandarin Orange Cup Choice of Vegetables: Green Beans Mixed Vegetables Choice of: Ice Cold Milk	27 Choice of One: Hot Dog Chicken Tenders Choice of Fruit: Fresh Apple Whole Fruit Juice Cup Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk	28 Choice of One: Spaghetti w/Roll BBQ Chicken Sandwich Choice of Fruit: Fresh Banana Chilled Mango Cup Choice of Vegetables: Capri Vegetable Blend Fresh Carrots w/Dip Choice of: Ice Cold Milk	29 Choice of One: Grilled Chicken Salad w/Flatbread Ranch Chicken Vegetable Wrap Choice of Fruit: Fresh Grapes Chilled Peach Cup Choice of Vegetables: Roasted Potatoes Cucumber & Tomato Salad Choice of: Ice Cold Milk	30 Choice of One: Pizza Fish Filet w/Macaroni & Cheese Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables: Corn Baked Beans Choice of: Ice Cold Milk	
Meal Prices: Elementary: \$3.00		MyPaymentsPlus* K12 eManagement Solution		mynavyexchange.com/smp for Inther SMP information.	

Elementary: \$3.00 Secondary: \$3.25

Menu subject to change based on availability

Pre-pay for your student's meal account





Ikego Elementary School

Ikego Elementary School					
October 29 Choice of One: Ham & Cheese Melt Orange Chicken w/Rice Choice of Fruit: Fresh Melon Chilled Mandarin Orange Cup Choice of Vegetables: Green Beans Mixed Vegetables Choice of: Ice Cold Milk 5 Choice of One: Teriyaki Chicken w/Rice BBQ Meatballs w/Mashed Potatoes Choice of Fruit: Fresh Melon Chilled Strawberry Cup	October 30 Choice of One: Hot Dog Chicken Tenders Choice of Fruit: Fresh Apple Whole Fruit Juice Cup Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk 6 Choice of One: Soft Tacos Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cocktail Cup Choice of Vegetables:	October 31 Choice of One: Spaghetti w/Roll BBQ Chicken Sandwich Choice of Fruit: Fresh Banana Chilled Mango Cup Choice of Vegetables: Capri Vegetable Blend Fresh Carrots w/Dip Choice of: Ice Cold Milk 7 Choice of One: Chicken Adobo w/Rice Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Pineapple Cup Choice of Vegetables:	1 Choice of One: Grilled Chicken Salad w/Flatbread Ranch Chicken Vegetable Wrap Choice of Fruit: Fresh Grapes Chilled Peach Cup Choice of Vegetables: Roasted Potatoes Cucumber & Tomato Salad Choice of: Ice Cold Milk 8 Choice of One: Chicken Sandwich Breakfast for Lunch Choice of Fruit: Fresh Grapes Chilled Applesauce Cup Choice of Vegetables:	2 9 Choice of One: Cheese Sticks Cheese Sticks Cheese Sticks Cheese Sticks Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables:	
Choice of Vegetables: Green Beans Mixed Vegetables Choice of: Ice Cold Milk	Side Salad Green Peas Choice of: Ice Cold Milk	Garden Vegetable Blend Fresh Carrots w/Dip Choice of: Ice Cold Milk	Roasted Potatoes Cucumber & Tomato Salad Choice of: Ice Cold Milk	Corn Baked Beans Choice of: Ice Cold Milk	
12	13	14	15 Thanksgiving Celebration	16 Choice of One:	
NO SCHOOL DAY!!! VETERNS DAY!!!	NO SCHOOL DAY!!! PARENT / TEACHER	NO SCHOOL DAY!!! PARENT / TEACHER	Choice of One: Turkey w/Stuffing w/Cornbread Ham w/Stuffing w/Cornbread	Pizza Fish Filet w/Macaroni & Cheese Choice of Fruit:	
	CONFERENCES	CONFERENCES	Choice of Fruit: Fresh Grapes Fresh Oranges Choice of Vegetables: Mashed Potatoes w/Gravy Green Bean Casserole Choice of: Ice Cold Milk	Fresh Orange Mixed Fruit Cup Choice of Vegetables: Corn Baked Beans Choice of: Ice Cold Milk	
19	20	21	22	23	
Choice of One: Teriyaki Chicken w/Rice BBQ Meatballs w/Mashed Potatoes Choice of Fruit: Fresh Melon Chilled Strawberry Cup Choice of Vegetables: Green Beans Mixed Vegetables Choice of: Ice Cold Milk	Choice of One: Soft Tacos Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cocktail Cup Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk	Choice of One: Chicken Adobo w/Rice Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Pineapple Cup Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip Choice of: Ice Cold Milk	NO SCHOOL DAY!!! THANKSGIVING DAY!!!	NO SCHOOL DAY!!!	
26 Choice of One: Ham & Cheese Melt Orange Chicken w/Rice Choice of Fruit: Fresh Melon Chilled Mandarin Orange Cup Choice of Vegetables: Green Beans Mixed Vegetables Choice of: Ice Cold Milk	27 Choice of One: Hot Dog Chicken Tenders Choice of Fruit: Fresh Apple Whole Fruit Juice Cup Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk	28 Choice of One: Spaghetti w/Roll BBQ Chicken Sandwich Choice of Fruit: Fresh Banana Chilled Mango Cup Choice of Vegetables: Capri Vegetable Blend Fresh Carrots w/Dip Choice of: Ice Cold Milk	29 Choice of One: Grilled Chicken Salad w/Flatbread Ranch Chicken Vegetable Wrap Choice of Fruit: Fresh Grapes Chilled Peach Cup Choice of Vegetables: Roasted Potatoes Cucumber & Tomato Salad Choice of: Ice Cold Milk	30 Choice of One: Pizza Fish Filet w/Macaroni & Cheese Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables: Corn Baked Beans Choice of: Ice Cold Milk	

Meal Prices: Elementary: \$3.00 Secondary: \$3.25 MyPaymentsPlus

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Menu subject to change based on availability

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Shirley Lanham Elementary School

October 29 October 30 October 31 1 Choice of One: Choice of One: Choice of One: Choice of One: Ham & Cheese Melt Hot Dog Spaghetti w/Roll Grilled Chicken Salad w/Flatbread Orange Chicken w/Rice Chicken Tenders BBQ Chicken Sandwich Ranch Chicken Vegetable Wrap	2
Choice of One:Choice of One:Choice of One:Ham & Cheese MeltHot DogSpaghetti w/RollGrilled Chicken Salad w/Flatbread	
Choice of Fruit: Choice of Fruit: Choice of Fruit:	100
Fresh Melon Fresh Apple Fresh Banana Fresh Grapes	
Chilled Mandarin Orange Cup Whole Fruit Juice Cup Chilled Mango Cup Chilled Peach Cup	Teacher
Choice of Vegetables: Choice of Vegetables: Choice of Vegetables: Choice of Vegetables:	workday
Green Beans Side Salad Capri Vegetable Blend Roasted Potatoes	
Mixed Vegetables Green Peas Fresh Carrots w/Dip Cucumber & Tomato Salad	
Choice of: Choice of: Choice of:	
Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk	
5 6 7 8	9
Choice of One: Choice of One: Ch	noice of One:
	heese Sticks
	urger w/Onion Rings
	oice of Fruit:
	resh Orange
	xed Fruit Cup
	e of Vegetables:
Choice of Vegetables: Roasted Potatoes	Corn
	Baked Beans
	Choice of:
	ce Cold Milk
	16
	noice of One:
NO SCHOOL DAY!!! Hot Dog Choice of One: Grilled Chicken Salad w/Flatbread	Pizza
	/Macaroni & Cheese
, , ,	oice of Fruit:
	resh Orange
	xed Fruit Cup
	e of Vegetables:
Side Salad Choice of Vegetables: Roasted Potatoes	Corn
	Baked Beans
	Choice of:
Ice Cold Milk Choice of: Ice Cold Milk Ic	ce Cold Milk
Ice Cold Milk	
19 20 21 22	23
Choice of One: Choice of One: Choice of One:	
Teriyaki Chicken w/Rice Soft Tacos Chicken Adobo w/Rice NO SCHOOL DAY!!! NO S	SCHOOL DAY!!!
BBQ Meatballs Grilled Cheese w/Soup Lasagna w/Garlic Roll	
w/Mashed Potatoes Choice of Fruit: Choice of Fruit: THANKSGIVING DAY!!!	
Choice of Fruit: Fresh Apple Fresh Banana	
Fresh Melon Chilled Fruit Cocktail Cup Chilled Pineapple Cup	
Chilled Strawberry Cup Choice of Vegetables: Choice of Vegetables:	
Choice of Vegetables: Side Salad Garden Vegetable Blend	
Green Beans Green Peas Fresh Carrots w/Dip	
Mixed Vegetables Choice of: Choice of:	
Choice of: Ice Cold Milk Ice Cold Milk	
Ice Cold Milk	
26 27 28 29	30
	noice of One:
Ham & Cheese Melt Hot Dog Spaghetti w/Roll Grilled Chicken Salad w/Flatbread	Pizza
	/Macaroni & Cheese
	oice of Fruit:
	resh Orange
	xed Fruit Cup
	e of Vegetables:
choice of vegetables.	Corn
Green Beans Side Salad Capri Vogstable Pland Posstad Datatoos	COTT
Green Beans Side Salad Capri Vegetable Blend Roasted Potatoes Mixed Vegetables Green Peas Fresh Carrots w/Din Cucumber & Tomato Salad Bi	
Mixed Vegetables Green Peas Fresh Carrots w/Dip Cucumber & Tomato Salad Bit	Baked Beans
Mixed VegetablesGreen PeasFresh Carrots w/DipCucumber & Tomato SaladBitChoice of:Choice of:Choice of:Choice of:	

Meal Prices: Elementary: \$3.00 Secondary: \$3.25 MyPaymentsPlus K12 eManagement Solution Visit www.mynavyexchange.com/smp for

further SMP information.

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Jack Darby Elementary School

Jack Darby Elementary School					
October 29	October 30	October 31	1	2	
Choice of One:	Choice of One:	Choice of One:	Choice of One:		
Ham & Cheese Melt	Hot Dog	Spaghetti w/Roll	Grilled Chicken Salad w/Flatbread		
Orange Chicken w/Rice	Chicken Tenders	BBQ Chicken Sandwich	Ranch Chicken Vegetable Wrap		
Choice of Fruit:	Choice of Fruit:	Choice of Fruit:	Choice of Fruit:		
Fresh Melon	Fresh Apple	Fresh Banana	Fresh Grapes		
Chilled Mandarin Orange Cup	Whole Fruit Juice Cup	Chilled Mango Cup	Chilled Peach Cup	Teacher	
Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:	Workday	
Green Beans	Side Salad	Capri Vegetable Blend	Roasted Potatoes		
Mixed Vegetables	Green Peas	Fresh Carrots w/Dip	Cucumber & Tomato Salad		
Choice of:	Choice of:	Choice of:	Choice of:		
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk		
5	6	7		0	
_	~		8	9	
Choice of One:	Choice of One:	Choice of One:			
Teriyaki Chicken w/Rice	Soft Tacos	Chicken Adobo w/Rice	NO SCHOOL DAY!!!	NO SCHOOL DAY!!!	
BBQ Meatballs	Grilled Cheese w/Soup	Lasagna w/Garlic Roll			
w/Mashed Potatoes	Choice of Fruit:	Choice of Fruit:	PARENT / TEACHER	PARENT / TEACHER	
Choice of Fruit:	Fresh Apple	Fresh Banana	CONFERENCES	CONFERENCES	
Fresh Melon	Chilled Fruit Cocktail Cup	Chilled Pineapple Cup			
Chilled Strawberry Cup	Choice of Vegetables:	Choice of Vegetables:		1	
Choice of Vegetables:	Side Salad	Garden Vegetable Blend			
Green Beans	Green Peas	Fresh Carrots w/Dip			
Mixed Vegetables	Choice of:	Choice of:			
Choice of:	Ice Cold Milk	Ice Cold Milk			
Ice Cold Milk					
12	13	14	15	16	
	Choice of One:	Thanksgiving Celebration		Choice of One:	
NO SCHOOL DAY!!!	Hot Dog	Choice of One:		Pizza	
	Chicken Tenders	Turkey w/Stuffing w/Cornbread		Fish Filet w/Macaroni & Cheese	
VETERNS DAY!!!	Choice of Fruit:	Ham w/Stuffing w/Cornbread		Choice of Fruit:	
	Fresh Apple	Choice of Fruit:		Fresh Orange	
	Whole Fruit Juice Cup	Fresh Grapes	Teacher	Mixed Fruit Cup	
	Choice of Vegetables:	Fresh Oranges	Workday	Choice of Vegetables:	
	Side Salad	Choice of Vegetables:		Corn	
	Green Peas	Mashed Potatoes w/Gravy		Baked Beans	
	Choice of:	Green Bean Casserole		Choice of:	
	Ice Cold Milk	Choice of:		Ice Cold Milk	
		Ice Cold Milk			
19	20	21	22	23	
Choice of One:	Choice of One:	Choice of One:			
Teriyaki Chicken w/Rice	Soft Tacos	Chicken Adobo w/Rice	NO SCHOOL DAY!!!	NO SCHOOL DAY!!!	
BBQ Meatballs	Grilled Cheese w/Soup	Lasagna w/Garlic Roll			
w/Mashed Potatoes	Choice of Fruit:	Choice of Fruit:	THANKSGIVING DAY!!!		
Choice of Fruit:	Fresh Apple	Fresh Banana		1	
Fresh Melon	Chilled Fruit Cocktail Cup	Chilled Pineapple Cup			
Chilled Strawberry Cup	Choice of Vegetables:	Choice of Vegetables:			
Choice of Vegetables:	Side Salad	Garden Vegetable Blend		1	
Green Beans	Green Peas	Fresh Carrots w/Dip			
Mixed Vegetables	Choice of:	Choice of:			
Choice of:	Ice Cold Milk	Ice Cold Milk			
Ice Cold Milk					
26	27	28	29	30	
Choice of One:	Choice of One:	Choice of One:	Choice of One:	Choice of One:	
Ham & Cheese Melt	Hot Dog	Spaghetti w/Roll	Grilled Chicken Salad w/Flatbread	Pizza	
Orange Chicken w/Rice	Chicken Tenders	BBQ Chicken Sandwich	Ranch Chicken Vegetable Wrap	Fish Filet w/Macaroni & Cheese	
Choice of Fruit:			Choice of Fruit:	Choice of Fruit:	
	Choice of Fruit:	Choice of Fruit:			
Fresh Melon	Choice of Fruit: Fresh Apple	Fresh Banana	Fresh Grapes	Fresh Orange	
				Fresh Orange Mixed Fruit Cup	
Fresh Melon	Fresh Apple	Fresh Banana	Fresh Grapes	5	
Fresh Melon Chilled Mandarin Orange Cup	Fresh Apple Whole Fruit Juice Cup	Fresh Banana Chilled Mango Cup	Fresh Grapes Chilled Peach Cup	Mixed Fruit Cup	
Fresh Melon Chilled Mandarin Orange Cup Choice of Vegetables:	Fresh Apple Whole Fruit Juice Cup Choice of Vegetables:	Fresh Banana Chilled Mango Cup Choice of Vegetables:	Fresh Grapes Chilled Peach Cup Choice of Vegetables:	Mixed Fruit Cup Choice of Vegetables:	
Fresh Melon Chilled Mandarin Orange Cup Choice of Vegetables: Green Beans	Fresh Apple Whole Fruit Juice Cup Choice of Vegetables : Side Salad	Fresh Banana Chilled Mango Cup Choice of Vegetables: Capri Vegetable Blend	Fresh Grapes Chilled Peach Cup Choice of Vegetables: Roasted Potatoes	Mixed Fruit Cup Choice of Vegetables: Corn	
Fresh Melon Chilled Mandarin Orange Cup Choice of Vegetables: Green Beans Mixed Vegetables	Fresh Apple Whole Fruit Juice Cup Choice of Vegetables: Side Salad Green Peas	Fresh Banana Chilled Mango Cup Choice of Vegetables: Capri Vegetable Blend Fresh Carrots w/Dip	Fresh Grapes Chilled Peach Cup Choice of Vegetables: Roasted Potatoes Cucumber & Tomato Salad	Mixed Fruit Cup Choice of Vegetables: Corn Baked Beans	

Meal Prices: Elementary: \$3.00 Secondary: \$3.25

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Menu subject to change based on availability

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Sasebo Elementary School

	Sas	ebo Elementary S	chool	
October 29	October 30	October 31	1	2
Choice of One:	Choice of One:	Choice of One:	Choice of One:	_
Ham & Cheese Melt	Hot Dog	Spaghetti w/Roll	Grilled Chicken Salad w/Flatbread	
Orange Chicken w/Rice	Chicken Tenders	BBQ Chicken Sandwich	Ranch Chicken Vegetable Wrap	
-				100
Choice of Fruit:	Choice of Fruit:	Choice of Fruit:	Choice of Fruit:	
Fresh Melon	Fresh Apple	Fresh Banana	Fresh Grapes	
Chilled Mandarin Orange Cup	Whole Fruit Juice Cup	Chilled Mango Cup	Chilled Peach Cup	Teacher
Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:	Workday
Green Beans	Side Salad	Capri Vegetable Blend	Roasted Potatoes	
Mixed Vegetables	Green Peas	Fresh Carrots w/Dip	Cucumber & Tomato Salad	
Choice of:	Choice of:	Choice of:	Choice of:	
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	
5	6	7	8	9
Choice of One:	Choice of One:	Choice of One:		
Teriyaki Chicken w/Rice	Soft Tacos	Chicken Adobo w/Rice	NO SCHOOL DAY!!!	NO SCHOOL DAY!!!
BBQ Meatballs	Grilled Cheese w/Soup	Lasagna w/Garlic Roll		
w/Mashed Potatoes	Choice of Fruit:	Choice of Fruit:	PARENT / TEACHER	PARENT / TEACHER
Choice of Fruit:	Fresh Apple	Fresh Banana	CONFERENCES	CONFERENCES
			CONFERENCES	CONFERENCES
Fresh Melon	Chilled Fruit Cocktail Cup	Chilled Pineapple Cup		
Chilled Strawberry Cup	Choice of Vegetables:	Choice of Vegetables:		
Choice of Vegetables:	Side Salad	Garden Vegetable Blend		
Green Beans	Green Peas	Fresh Carrots w/Dip		
Mixed Vegetables	Choice of:	Choice of:		
Choice of:	Ice Cold Milk	Ice Cold Milk		
Ice Cold Milk				
12	13	14	15	16
12			15	
	Choice of One:	Thanksgiving Celebration		Choice of One:
NO SCHOOL DAY!!!	Hot Dog	Choice of One:		Pizza
	Chicken Tenders	Turkey w/Stuffing w/Cornbread		Fish Filet w/Macaroni & Cheese
VETERNS DAY!!!	Choice of Fruit:	Ham w/Stuffing w/Cornbread		Choice of Fruit:
	Fresh Apple	Choice of Fruit:		Fresh Orange
	Whole Fruit Juice Cup	Fresh Grapes		Mixed Fruit Cup
	Choice of Vegetables:	Fresh Oranges	leacher	Choice of Vegetables:
	Side Salad		Troinday	_
		Choice of Vegetables:		Corn
	Green Peas	Mashed Potatoes w/Gravy		Baked Beans
	Choice of:	Green Bean Casserole		Choice of:
	Ice Cold Milk	Choice of:		Ice Cold Milk
		Ice Cold Milk		
19	20	21	22	23
Choice of One:	Choice of One:	Choice of One:		
			NO SCHOOL DAY!!!	NO SCHOOL DAY!!!
Ham & Cheese Melt	Hot Dog	Spaghetti w/Roll	NO SCHOOL DAT !!!	NO SCHOOL DAT!!!
Orange Chicken w/Rice	Chicken Tenders	BBQ Chicken Sandwich		
Choice of Fruit:	Choice of Fruit:	Choice of Fruit:	THANKSGIVING DAY!!!	
Fresh Melon	Fresh Apple	Fresh Banana		
Chilled Mandarin Orange Cup	Whole Fruit Juice Cup	Chilled Mango Cup		
Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:		
Green Beans	Side Salad	Capri Vegetable Blend		
Mixed Vegetables	Green Peas	Fresh Carrots w/Dip		
Choice of:	Choice of:	Choice of:		
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk		
26	27	28	29	30
Choice of One:	Choice of One:	Choice of One:	Choice of One:	Choice of One:
Teriyaki Chicken w/Rice	Soft Tacos	Chicken Adobo w/Rice	Chicken Sandwich	Cheese Sticks
BBQ Meatballs	SOIL I dCOS			
		-	Breakfast for Lunch	Cheeseburger w/Onion Rings
	Grilled Cheese w/Soup	Lasagna w/Garlic Roll		Cheeseburger w/Onion Rings Choice of Fruit:
w/Mashed Potatoes	Grilled Cheese w/Soup Choice of Fruit:	Lasagna w/Garlic Roll Choice of Fruit:	Choice of Fruit:	Choice of Fruit:
w/Mashed Potatoes Choice of Fruit:	Grilled Cheese w/Soup Choice of Fruit: Fresh Apple	Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana	Choice of Fruit: Fresh Grapes	Choice of Fruit: Fresh Orange
w/Mashed Potatoes Choice of Fruit: Fresh Melon	Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cocktail Cup	Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Pineapple Cup	Choice of Fruit: Fresh Grapes Chilled Applesauce Cup	Choice of Fruit: Fresh Orange Mixed Fruit Cup
w/Mashed Potatoes Choice of Fruit: Fresh Melon Chilled Strawberry Cup	Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cocktail Cup Choice of Vegetables:	Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Pineapple Cup Choice of Vegetables:	Choice of Fruit: Fresh Grapes Chilled Applesauce Cup Choice of Vegetables:	Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables:
w/Mashed Potatoes Choice of Fruit: Fresh Melon	Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cocktail Cup	Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Pineapple Cup	Choice of Fruit: Fresh Grapes Chilled Applesauce Cup Choice of Vegetables: Roasted Potatoes	Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables: Corn
w/Mashed Potatoes Choice of Fruit: Fresh Melon Chilled Strawberry Cup	Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cocktail Cup Choice of Vegetables:	Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Pineapple Cup Choice of Vegetables:	Choice of Fruit: Fresh Grapes Chilled Applesauce Cup Choice of Vegetables:	Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables:
w/Mashed Potatoes Choice of Fruit: Fresh Melon Chilled Strawberry Cup Choice of Vegetables:	Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cocktail Cup Choice of Vegetables: Side Salad	Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Pineapple Cup Choice of Vegetables: Garden Vegetable Blend	Choice of Fruit: Fresh Grapes Chilled Applesauce Cup Choice of Vegetables: Roasted Potatoes	Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables: Corn
w/Mashed Potatoes Choice of Fruit: Fresh Melon Chilled Strawberry Cup Choice of Vegetables: Green Beans	Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cocktail Cup Choice of Vegetables: Side Salad Green Peas	Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Pineapple Cup Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip	Choice of Fruit: Fresh Grapes Chilled Applesauce Cup Choice of Vegetables: Roasted Potatoes Cucumber & Tomato Salad	Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables: Corn Baked Beans
w/Mashed Potatoes Choice of Fruit: Fresh Melon Chilled Strawberry Cup Choice of Vegetables: Green Beans Mixed Vegetables Choice of:	Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cocktail Cup Choice of Vegetables: Side Salad Green Peas Choice of:	Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Pineapple Cup Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip Choice of:	Choice of Fruit: Fresh Grapes Chilled Applesauce Cup Choice of Vegetables: Roasted Potatoes Cucumber & Tomato Salad Choice of:	Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables: Corn Baked Beans Choice of:
w/Mashed Potatoes Choice of Fruit: Fresh Melon Chilled Strawberry Cup Choice of Vegetables: Green Beans Mixed Vegetables	Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cocktail Cup Choice of Vegetables: Side Salad Green Peas Choice of:	Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Pineapple Cup Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip Choice of:	Choice of Fruit: Fresh Grapes Chilled Applesauce Cup Choice of Vegetables: Roasted Potatoes Cucumber & Tomato Salad Choice of:	Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables: Corn Baked Beans Choice of:
w/Mashed Potatoes Choice of Fruit: Fresh Melon Chilled Strawberry Cup Choice of Vegetables: Green Beans Mixed Vegetables Choice of:	Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cocktail Cup Choice of Vegetables: Side Salad Green Peas Choice of:	Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Pineapple Cup Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip Choice of:	Choice of Fruit: Fresh Grapes Chilled Applesauce Cup Choice of Vegetables: Roasted Potatoes Cucumber & Tomato Salad Choice of: Ice Cold Milk	Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables: Corn Baked Beans Choice of: Ice Cold Milk
w/Mashed Potatoes Choice of Fruit: Fresh Melon Chilled Strawberry Cup Choice of Vegetables: Green Beans Mixed Vegetables Choice of:	Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cocktail Cup Choice of Vegetables: Side Salad Green Peas Choice of:	Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Pineapple Cup Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip Choice of: Ice Cold Milk	Choice of Fruit: Fresh Grapes Chilled Applesauce Cup Choice of Vegetables: Roasted Potatoes Cucumber & Tomato Salad Choice of: Ice Cold Milk	Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables: Corn Baked Beans Choice of:
w/Mashed Potatoes Choice of Fruit: Fresh Melon Chilled Strawberry Cup Choice of Vegetables: Green Beans Mixed Vegetables Choice of: Ice Cold Milk Meal Prices:	Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cocktail Cup Choice of Vegetables: Side Salad Green Peas Choice of:	Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Pineapple Cup Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip Choice of:	Choice of Fruit: Fresh Grapes Chilled Applesauce Cup Choice of Vegetables: Roasted Potatoes Cucumber & Tomato Salad Choice of: Ice Cold Milk Visit <u>www</u>	Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables: Corn Baked Beans Choice of: Ice Cold Milk
w/Mashed Potatoes Choice of Fruit: Fresh Melon Chilled Strawberry Cup Choice of Vegetables: Green Beans Mixed Vegetables Choice of: Ice Cold Milk	Grilled Cheese w/Soup Choice of Fruit: Fresh Apple Chilled Fruit Cocktail Cup Choice of Vegetables: Side Salad Green Peas Choice of:	Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Pineapple Cup Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip Choice of: Ice Cold Milk	Choice of Fruit: Fresh Grapes Chilled Applesauce Cup Choice of Vegetables: Roasted Potatoes Cucumber & Tomato Salad Choice of: Ice Cold Milk Visit <u>www</u>	Choice of Fruit: Fresh Orange Mixed Fruit Cup Choice of Vegetables: Corn Baked Beans Choice of: Ice Cold Milk

Menu subject to change based on availability

Secondary: \$3.25

Pre-pay for your student's meal account online at <u>www.mypaymentsplus.com</u>



This institution is an equal opportunity employer





E.J. King Secondary School

	E.J.	King Secondary So	chool	
October 29	October 30	October 31	1	2
Choice of One:	Choice of One:	Choice of One:	Choice of One:	-
Ham & Cheese Melt	Hot Dog	Spaghetti w/Roll	Grilled Chicken Salad	
Orange Chicken w/Rice	Chicken Tenders	BBQ Chicken Sandwich	w/Flatbread	
-			-	
Choice of Fruit:	Choice of Fruit:	Choice of Fruit:	Ranch Chicken Vegetable Wrap	
Fresh Melon	Fresh Apple	Fresh Banana	Choice of Fruit:	
Chilled Mandarin Orange Cup	Whole Fruit Juice Cup	Chilled Mango Cup	Fresh Grapes	Teacher
Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:	Chilled Peach Cup	Workday
Green Beans	Side Salad	Capri Vegetable Blend	Choice of Vegetables:	
Mixed Vegetables	Green Peas	Fresh Carrots w/Dip	Roasted Potatoes	
Choice of:	Choice of:	Choice of:	Cucumber & Tomato Salad	
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Choice of:	
			Ice Cold Milk	
5	6	7	8	9
Choice of One:	Choice of One:	Choice of One:	Choice of One:	5
Teriyaki Chicken w/Rice	Soft Tacos	Chicken Adobo w/Rice	Spicy Chicken Sandwich	NO SCHOOL DAY!!!
•				NO SCHOOL DAT !!!
BBQ Meatballs	Grilled Cheese w/Soup	Lasagna w/Garlic Roll	Breakfast for Lunch	
w/Mashed Potatoes	Choice of Fruit:	Choice of Fruit:	Choice of Fruit:	PARENT / TEACHER
Choice of Fruit:	Fresh Apple	Fresh Banana	Fresh Grapes	CONFERENCES
Fresh Melon	Chilled Fruit Cocktail Cup	Chilled Pineapple Cup	Chilled Applesauce Cup	
Chilled Strawberry Cup	Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:	
Choice of Vegetables:	Side Salad	Garden Vegetable Blend	Roasted Potatoes	
Green Beans	Green Peas	Fresh Carrots w/Dip	Cucumber & Tomato Salad	
Mixed Vegetables	Choice of:	Choice of:	Choice of:	
Choice of:	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	
Ice Cold Milk				
12	13	14	15	16
12			15	Choice of One:
	Choice of One:	Thanksgiving Celebration		
NO SCHOOL DAY!!!	Hot Dog	Choice of One:		Pizza
	Chicken Tenders	Turkey w/Stuffing w/Cornbread		Fish Filet w/Macaroni & Chee
VETERNS DAY!!!	Choice of Fruit:	Ham w/Stuffing w/Cornbread		Choice of Fruit:
	Fresh Apple	Choice of Fruit:		Fresh Orange
	Whole Fruit Juice Cup	Fresh Grapes	Teacher	Mixed Fruit Cup
	Choice of Vegetables:	Fresh Oranges	Workcay	Choice of Vegetables:
	Side Salad	Choice of Vegetables:		Corn
	Green Peas	Mashed Potatoes w/Gravy		Baked Beans
	Choice of:	Green Bean Casserole		Choice of:
	Ice Cold Milk	Choice of:		Ice Cold Milk
10		Ice Cold Milk	22	22
19	20 Chaire a f O ara	21	22	23
Choice of One:	Choice of One:	Choice of One:		
Teriyaki Chicken w/Rice	Soft Tacos	Chicken Adobo w/Rice	NO SCHOOL DAY!!!	NO SCHOOL DAY!!!
BBQ Meatballs	Grilled Cheese w/Soup	Lasagna w/Garlic Roll		
w/Mashed Potatoes	Choice of Fruit:	Choice of Fruit:	THANKSGIVING DAY!!!	
Choice of Fruit:	Fresh Apple	Fresh Banana		
Fresh Melon	Chilled Fruit Cocktail Cup	Chilled Pineapple Cup		
Chilled Strawberry Cup	Choice of Vegetables:	Choice of Vegetables:	1	
Choice of Vegetables:	Side Salad	Garden Vegetable Blend		
U			1	
Green Beans	Green Peas	Fresh Carrots w/Dip		
Mixed Vegetables	Choice of:	Choice of:	1	
Choice of:	Ice Cold Milk	Ice Cold Milk		
Ice Cold Milk	<u> </u>			
26	27	28	29	30
Choice of One:	Choice of One:	Choice of One:	Choice of One:	Choice of One:
Ham & Cheese Melt	Hot Dog	Spaghetti w/Roll	Grilled Chicken Salad	Pizza
Orange Chicken w/Rice	Chicken Tenders	BBQ Chicken Sandwich	w/Flatbread	Fish Filet w/Macaroni & Chee
Choice of Fruit:	Choice of Fruit:	Choice of Fruit:	Ranch Chicken Vegetable Wrap	Choice of Fruit:
Fresh Melon	Fresh Apple	Fresh Banana	Choice of Fruit:	Fresh Orange
				°
Chilled Mandarin Orange Cup	Whole Fruit Juice Cup	Chilled Mango Cup	Fresh Grapes	Mixed Fruit Cup
Choice of Vegetables:	Choice of Vegetables:	Choice of Vegetables:	Chilled Peach Cup	Choice of Vegetables:
Green Beans	Side Salad	Capri Vegetable Blend	Choice of Vegetables:	Corn
Mixed Vegetables	Green Peas	Fresh Carrots w/Dip	Roasted Potatoes	Baked Beans
Choice of:	Choice of:	Choice of:	Cucumber & Tomato Salad	Choice of:
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Choice of:	Ice Cold Milk
			Ice Cold Milk	
	-	-		•
Meal Prices:			Visit <u>www</u>	v.mynavyexchange.com/smp for
Elementary: \$3.00		K12 eManagement Solution	fu	urther SMP information.
		In the contradjention sound)		Juden,

Secondary: \$3.25 Menu subject to change based on availability

Pre-pay for your student's meal account

smp