

# Signonella Lunch Menu November 2020

## Elementary Lunch Menu

2 BBQ Meatballs w/Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk	3 <b>NO Lunch</b> <b>Early Release 11:00</b>	4 Lasagna w/Garlic Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk	5 Breakfast for Lunch <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber & Tomato Salad <b>Choice of:</b> Ice Cold Milk	6 Cheeseburger <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk
9 <b>CCRS-L Training Day</b> <b>No School</b>	10 Chicken Tenders <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk	11 <b>VETERANS DAYS</b> <b>NO SCHOOL</b>	12 Turkey Deli Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber & Tomato Salad <b>Choice of:</b> Ice Cold Milk	13 Fish Filet Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk
16 Teriyaki Chicken w/Fried Rice <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk	17 Soft Tacos <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk	18 <b>Thanksgiving Meal</b> <b>Choice of One:</b> Turkey or Ham w/Stuffing & Roll Assorted Fresh Fruit Mashed Potatoes Green Bean Casserole Ice Cold Milk	19 Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber & Tomato Salad <b>Choice of:</b> Ice Cold Milk	20 Cheese Sticks <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk
23 Tangerine Chicken w/Fried Rice <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk	24 Nathan's Hot Dog <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk	25 Pasta w/Meat Sauce <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk	26 <b>Thanksgiving Day</b> <b>No School</b>	27 <b>Thanksgiving break</b> <b>No School</b>
30 Hot Ham & Cheese Croissant <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk	December 1 Chicken Tenders <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk	2 Grilled Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk	3 Turkey Deli Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber & Tomato Salad <b>Choice of:</b> Ice Cold Milk	4 Fish Filet Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk

**Meal Prices:**  
**Free of charge until the**  
**end of School Year**



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Menu subject to change based on availability

This institution is an equal opportunity employer

# Signonella Lunch Menu November 2020

## Secondary Lunch Menu

<p>2</p> <p>BBQ Meatballs w/Roll  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Steamed Broccoli          Mashed Potatoes  <b>Choice of:</b>          Ice Cold Milk</p>	<p>3</p> <p><b>NO Lunch</b>  <b>Early Release 11:00</b></p>	<p>4</p> <p>Spaghetti Bowl w/Garlic Bread  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Mixed Vegetables          Fresh Carrots  <b>Choice of:</b>          Ice Cold Milk</p>	<p>5</p> <p>Deli Sandwich or Wrap  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Corn          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>6</p> <p>Burrito Bowl  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Roasted Sweet Potatoes          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>
<p>9</p> <p><b>CCRS-L Training Day</b>  <b>No School</b></p>	<p>10</p> <p>Chicken Tenders w/Corn Muffin  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>11</p> <p><b>VETERANS DAYS</b>  <b>NO SCHOOL</b></p>	<p>12</p> <p>Salad Bowl w/Roll  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Corn          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>13</p> <p>Pizza  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Roasted Sweet Potatoes          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>
<p>16</p> <p>Teriyaki Chicken w/Fried Rice and Egg Roll  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Steamed Broccoli          Mashed Potatoes  <b>Choice of:</b>          Ice Cold Milk</p>	<p>17</p> <p>Fish Filet Sandwich  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>18</p> <p><b>Thanksgiving Meal</b>  <b>Choice of One:</b>          Turkey or Ham w/Stuffing &amp; Roll          Assorted Fresh Fruit          Mashed Potatoes          Green Bean Casserole          Ice Cold Milk</p>	<p>19</p> <p>Deli Sandwich or Wrap  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Corn          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>20</p> <p>Cheeseburger  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Roasted Sweet Potatoes          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>
<p>23</p> <p>Tangerine Chicken w/Fried Rice and Egg Roll  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Steamed Broccoli          Mashed Potatoes  <b>Choice of:</b>          Ice Cold Milk</p>	<p>24</p> <p>Hot Dogs  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>25</p> <p>Grilled Chicken Sandwich  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Mixed Vegetables          Fresh Carrots  <b>Choice of:</b>          Ice Cold Milk</p>	<p>26</p> <p><b>Thanksgiving Day</b>  <b>No School</b></p>	<p>27</p> <p><b>Thanksgiving break</b>  <b>No School</b></p>
<p>30</p> <p>BBQ Meatballs w/Roll  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Steamed Broccoli          Mashed Potatoes  <b>Choice of:</b>          Ice Cold Milk</p>	<p>December 1</p> <p>Spicy Chicken Sandwich  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>2</p> <p>Spaghetti Bowl w/Garlic Bread  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Mixed Vegetables          Fresh Carrots  <b>Choice of:</b>          Ice Cold Milk</p>	<p>3</p> <p>Deli Sandwich or Wrap  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Corn          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>4</p> <p>Burrito Bowl  <b>Choice of Fruit:</b>          Assorted Fresh Fruit  <b>Choice of Vegetables:</b>          Roasted Sweet Potatoes          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>

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# Signonella Lunch Menu November 2020

## Sure Start Lunch Menu

2	3	4	5	6
BBQ Meatballs w/Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk	<b>NO Lunch</b> <b>Early Release 11:00</b>	Lasagna w/Garlic Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk	Breakfast for Lunch <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber & Tomato Salad <b>Choice of:</b> Ice Cold Milk	Cheeseburger <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk
9	10	11	12	13
<b>CCRS-L Training Day</b> <b>No School</b>	Chicken Tenders <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk	<b>Veterans Day</b> <b>No School</b>	Turkey Deli Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber & Tomato Salad <b>Choice of:</b> Ice Cold Milk	Fish Filet Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk
16	17	18	19	20
Teriyaki Chicken w/Fried Rice <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk	Soft Tacos <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk	<b>Thanksgiving Meal</b> <b>Choice of One:</b> Turkey or Ham w/Stuffing & Roll Assorted Fresh Fruit Mashed Potatoes Green Bean Casserole Ice Cold Milk	Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber & Tomato Salad <b>Choice of:</b> Ice Cold Milk	Cheese Sticks <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk
23	24	25	26	27
Tangerine Chicken w/Fried Rice <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk	Nathan's Hot Dog <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk	Pasta w/Meat Sauce <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk	<b>Thanksgiving Day</b> <b>No School</b>	<b>Thanksgiving break</b> <b>No School</b>
30	December 1	2	3	4
<b>No School Surestart</b> <b>Teachers Workday</b>	Chicken Tenders <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk	Grilled Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk	Turkey Deli Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber & Tomato Salad <b>Choice of:</b> Ice Cold Milk	Fish Filet Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk



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