



Signonella Lunch Menu November 2018

Elementary Lunch Menu

<p>October 29</p> <p>Choice of One: Hot Dog Sloppy Joe</p> <p>Choice of Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Vegetables: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>30</p> <p>Choice of One: Ham & Cheese Melt Baked Chicken w/Rice Pilaf</p> <p>Choice of Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Vegetables: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>31</p> <p>Choice of One: Gnocchi alla Sorrentina Spaghetti w/Meat Sauce</p> <p>Choice of Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>November 1</p> <p>Choice of One: Chicken Tenders Beef Burrito</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Corn Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>2</p> <p>No School Teacher Record Keeping Day</p>
<p>5</p> <p>Choice of One: Soft Tacos Grilled Cheese</p> <p>Choice of Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Vegetables: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>6</p> <p>Choice of One: Meatball Sub Breakfast for Lunch</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>7</p> <p>Choice of One: Chicken Alfredo w/Garlic Roll Lasagna w/Garlic Roll</p> <p>Choice of Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Vegetables: California Vegetable Blend Fresh Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>8</p> <p>No School Parent Teacher Conference</p>	<p>9</p> <p>No School Parent Teacher Conference</p>
<p>12</p> <p>No School Veteran's Day</p>	<p>13</p> <p>Choice of One: Ham & Cheese Melt Baked Chicken w/Rice Pilaf</p> <p>Choice of Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Vegetables: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>14</p> <p>Thanksgiving Celebration</p> <p>Choice of One: Turkey w/Stuffing w/Cornbread Ham w/Stuffing w/Cornbread</p> <p>Choice of Fruit: Fresh Grapes Fresh Oranges</p> <p>Choice of Vegetables: Mashed Potatoes w/Gravy Green Bean Casserole</p> <p>Choice of: Ice Cold Milk</p>	<p>15</p> <p>Choice of One: Chicken Tenders Beef Burrito</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Corn Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>16</p> <p>Choice of One: Pizza Fish Filet w/Mac & Cheese</p> <p>Choice of Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Vegetables: Roasted Potatoes Baked Beans</p> <p>Choice of: Ice Cold Milk 16</p>
<p>19</p> <p>Choice of One: Soft Tacos Grilled Cheese</p> <p>Choice of Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Vegetables: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>20</p> <p>Choice of One: Meatball Sub Breakfast for Lunch</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>21</p> <p>Choice of One: Chicken Alfredo w/Garlic Roll Lasagna w/Garlic Roll</p> <p>Choice of Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Vegetables: California Vegetable Blend Fresh Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>22</p> <p>No School Thanksgiving</p>	<p>23</p> <p>No School Recess Day</p>
<p>26</p> <p>Choice of One: Hot Dog Sloppy Joe</p> <p>Choice of Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Vegetables: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>27</p> <p>Choice of One: Ham & Cheese Melt Baked Chicken w/Rice Pilaf</p> <p>Choice of Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Vegetables: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>28</p> <p>Choice of One: Gnocchi alla Sorrentina Spaghetti w/Meat Sauce</p> <p>Choice of Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>29</p> <p>Choice of One: Chicken Tenders Beef Burrito</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Corn Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>30</p> <p>Choice of One: Pizza Fish Filet w/Mac & Cheese</p> <p>Choice of Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Vegetables: Roasted Potatoes Baked Beans</p> <p>Choice of: Ice Cold Milk</p>

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



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Visit www.mynavyexchange.com/smp for further SMP information.



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Signonella Lunch Menu November 2018

Secondary Lunch Menu

<p>October 29 Choice of One: Salad Bar</p> <p>Choice of Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Vegetables: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>October 30 Choice of One: Ham & Cheese Melt Baked Chicken w/Rice Pilaf</p> <p>Choice of Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Vegetables: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>October 31 Choice of One: Pasta Bar</p> <p>Choice of Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>1 Choice of One: Chicken Tenders Beef Burrito</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Corn Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>2 No School Teacher Work Day</p>
<p>5 Choice of One: Salad Bar</p> <p>Choice of Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Vegetables: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>6 Choice of One: Meatball Sub Breakfast for Lunch</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>7 Choice of One: Pasta Bar</p> <p>Choice of Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Vegetables: California Vegetable Blend Fresh Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>8 Choice of One: Chicken Sandwich Asian Chicken w/Fried Rice</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Cucumber & Tomato Salad Steamed Broccoli</p> <p>Choice of: Ice Cold Milk</p>	<p>9 No School Parent Teacher Conference</p>
<p>12 No School Veteran's Day</p>	<p>13 Choice of One: Ham & Cheese Melt Baked Chicken w/Rice Pilaf</p> <p>Choice of Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Vegetables: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>14 Thanksgiving Celebration Choice of One: Turkey w/Stuffing w/Cornbread Ham w/Stuffing w/Cornbread</p> <p>Choice of Fruit: Fresh Grapes Fresh Oranges</p> <p>Choice of Vegetables: Mashed Potatoes w/Gravy Green Bean Casserole</p> <p>Choice of: Ice Cold Milk</p>	<p>15 Choice of One: Chicken Tenders Beef Burrito</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Corn Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>16 Choice of One: Taco Bar Pizza</p> <p>Choice of Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Vegetables: Roasted Potatoes Baked Beans</p> <p>Choice of: Ice Cold Milk</p>
<p>19 Choice of One: Salad Bar</p> <p>Choice of Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Vegetables: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>20 Choice of One: Meatball Sub Breakfast for Lunch</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>21 Choice of One: Pasta Bar</p> <p>Choice of Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Vegetables: California Vegetable Blend Fresh Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>22 No School Thanksgiving</p>	<p>23 No School Recess Day</p>
<p>26 Choice of One: Salad Bar</p> <p>Choice of Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Vegetables: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>27 Choice of One: Ham & Cheese Melt Baked Chicken w/Rice Pilaf</p> <p>Choice of Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Vegetables: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>28 Choice of One: Pasta Bar</p> <p>Choice of Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>29 Choice of One: Chicken Tenders Beef Burrito</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Corn Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>30 Choice of One: Taco Bar Pizza</p> <p>Choice of Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Vegetables: Roasted Potatoes Baked Beans</p> <p>Choice of: Ice Cold Milk</p>

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Sure Start Lunch Menu

<p>October 29 Choice of One: Hot Dog</p> <p>Choice of Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Vegetables: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>October 30 Choice of One: Ham & Cheese Melt</p> <p>Choice of Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Vegetables: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>October 31 Choice of One: Gnocchi alla Sorrentina</p> <p>Choice of Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>1 Choice of One: Chicken Tenders</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Corn Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>2 No School Teacher Record Keeping Day</p>
<p>5 Choice of One: Soft Tacos</p> <p>Choice of Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Vegetables: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>6 Choice of One: Meatball Sub Breakfast for Lunch</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>7 Choice of One: Lasagna w/Garlic Roll</p> <p>Choice of Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Vegetables: California Vegetable Blend Fresh Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>8 Choice of One: Chicken Sandwich</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Cucumber & Tomato Salad Steamed Broccoli</p> <p>Choice of: Ice Cold Milk</p>	<p>9 No School Parent Teacher Conference</p>
<p>12 No School Veteran's Day</p>	<p>13 Choice of One: Ham & Cheese Melt</p> <p>Choice of Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Vegetables: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>14 Thanksgiving Celebration Choice of One: Turkey w/Stuffing w/Cornbread Ham w/Stuffing w/Cornbread</p> <p>Choice of Fruit: Fresh Grapes Fresh Oranges</p> <p>Choice of Vegetables: Mashed Potatoes w/Gravy Green Bean Casserole</p> <p>Choice of: Ice Cold Milk</p>	<p>15 Choice of One: Chicken Tenders</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Corn Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>16 Choice of One: Pizza</p> <p>Choice of Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Vegetables: Roasted Potatoes Baked Beans</p> <p>Choice of: Ice Cold Milk</p>
<p>19 Choice of One: Soft Tacos</p> <p>Choice of Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Vegetables: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>20 Choice of One: Meatball Sub Breakfast for Lunch</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>21 Choice of One: Lasagna w/Garlic Roll</p> <p>Choice of Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Vegetables: California Vegetable Blend Fresh Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>22 No School Thanksgiving</p>	<p>23 No School Recess Day</p>
<p>26 Choice of One: Hot Dog</p> <p>Choice of Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Vegetables: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>27 Choice of One: Ham & Cheese Melt</p> <p>Choice of Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Vegetables: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>28 Choice of One: Gnocchi alla Sorrentina</p> <p>Choice of Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>29 Choice of One: Chicken Tenders</p> <p>Choice of Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Vegetables: Corn Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>30 Choice of One: Pizza</p> <p>Choice of Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Vegetables: Roasted Potatoes Baked Beans</p> <p>Choice of: Ice Cold Milk</p>



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