



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Soup's On!</b></p> 	<p><b>1</b></p> <p><b>Mac n' Cheese</b> WG Pasta &amp; Cheddar Sautéed Broccoli Fresh Fruit</p>	<p><b>2</b></p> <p><b>Meatball Hero</b> Meatballs on WG Roll w. Marinara Caesar Salad w. Chickpeas &amp; Tomatoes Fresh Fruit</p>	<p><b>3</b></p> <p><b>WG Pasta w. Pesto * -OR- Marinara Sauce</b> w. cup of Chicken Noodle Soup Mozzarella Carrot &amp; Celery Sticks Fresh Fruit  *NUT-FREE</p>	<p><b>4</b></p> <p><b>Grilled Cheese -OR- Grilled Cheese w. Ham</b> w. cup of Chicken Noodle Soup Oven-Baked Sweet Potatoes Fresh Fruit</p>
<p><b>7</b></p> <p><b>Pita Pizza</b> w. Marinara &amp; Mozzarella w. cup of Minestrone Soup Garden Salad Fresh Fruit</p>	<p><b>8</b></p> <p><b>SCHOOLS CLOSED</b></p>	<p><b>9</b></p> <p><b>Chicken Sandwich</b> Oven-Baked All White Meat Chicken on WW Roll w. Lettuce &amp; Tomato Oven-Baked Potatoes Fresh Fruit</p>	<p><b>10</b></p> <p><b>Baked Ziti</b> WG Pasta w. Marinara, Mozzarella &amp; Ricotta w. cup of Minestrone Soup Buttered Peas Fresh Fruit</p>	<p><b>11</b></p> <p><b>SCHOOLS CLOSED</b></p>
<p><b>14</b></p> <p><b>Applegate® Hot Dog</b> on WW Bun w. cup of Not So Scary Butternut Squash Soup! Oven-Baked Sweet Potatoes  Fresh Fruit <b>GF</b> w/o bun</p>	<p><b>15</b></p> <p><b>Salad Bar Day!!</b> w. cup of Not So Scary Butternut Squash Soup! <b>CHOOSE YOUR FAVES</b> Greens, Veggies, Cold Cuts, Cheeses &amp; other salad bar fixings! WG Roll Fresh Fruit</p>	<p><b>16</b></p> <p><b>Pre-Thanksgiving Feast Hot Turkey Dinner w. Gravy</b> WG Roll Roasted Carrots Sautéed Green Beans Fresh Fruit <b>GF</b> w/o gravy &amp; roll</p>	<p><b>17</b></p> <p><b>Pizza Bagel</b> w. Marinara &amp; Mozzarella w. cup of Not So Scary Butternut Squash Soup! Caesar Salad w. Chickpeas &amp; Tomatoes Fresh Fruit</p>	<p><b>18</b></p> <p><b>From the Ranch...</b> <b>Beef Chili</b> —GF w. Brown Rice, Cheddar, Tomato &amp; Sour Cream toppings Corn Tortilla Chips Red Pepper Strips Fresh Fruit</p>
<p><b>21</b></p> <p><b>Pasta w. Pink Sauce</b> WG Pasta w. Creamy Tomato Marinara w. Fresh Basil, Parmesan &amp; Mozzarella  Buttered Peas Fresh Fruit</p>	<p><b>22</b></p> <p><b>From the Ranch to you... Beef Taco - GF</b> Soft WW Tortilla-OR- Corn Tortilla - <b>GF</b> Brown Rice, Romaine Lettuce, Zesty Black Beans, Salsa, Cheese Fresh Fruit</p>	<p><b>23</b></p> <p><b>SCHOOLS CLOSED</b></p>	<p><b>24</b></p> <p><b>SCHOOLS CLOSED</b></p>	<p><b>25</b></p> <p><b>SCHOOLS CLOSED</b></p>
<p><b>28</b></p> <p><b>Deli Day!</b> w. Cup of Chicken Veggie Soup <b>Turkey on Roll -OR- Turkey &amp; Cheese on Roll</b> Lettuce-Tomato-Pickle Oven-Baked Potatoes Fresh Fruit</p>	<p><b>29</b></p> <p><b>WW Cheese Quesadilla w. Cup of Chicken Veggie Soup</b> Black Bean Salsa Mexican Corn Tomato Salsa Fresh Fruit</p>	<p><b>30</b></p> <p><b>From the Ranch... Hamburger -OR- Cheeseburger</b> on WW bun w. all the trimmings <b>Sautéed Mushrooms &amp; Onions</b> Oven Baked Potatoes Fresh Fruit <b>GF</b> w/o Bun</p>		

SERVING NO HFCS  
(HIGH FRUCTOSE CORN SYRUP)  
TOMATO PRODUCTS  
PIZZA SAUCE, KETCHUP, SALSA

While the Food Service Department makes every effort to disclose to parents known allergens and ingredients that may be harmful to some children, the nature of the National School Lunch Program and our reliance on certain USDA provisions can sometimes render this effort ineffective by the presence of undisclosed or misnamed ingredients.

**GF - GLUTEN FREE**  
INGREDIENTS/OPTIONS

**ALTERNATIVE ENTREES**

WHOLE GRAIN  
PEANUT BUTTER & JELLY  
SANDWICH

SALAD BAR  
A COMPLETE LUNCH!  
VEGGIES, PROTEIN, FRUIT &  
GRAIN  
OR A PLACE TO VISIT  
FOR VEGGIE & FRUIT SIDES

CHOICE OF ORGANIC,  
GLUTEN-FREE DRESSINGS:  
VINAIGRETTE, RANCH, CAESAR

**\*Monthly Special\***  
**North Shore Bistro Box**  
Hard Boiled Egg, Cheese Stick  
Carrot & Celery Sticks, WG Roll  
Sliced Fruit of the Day

**SANDWICH OR WRAP OF THE DAY**  
(ALL W/ FRUIT & VEGGIE OF THE DAY)

**MONDAY**  
TUNA SALAD ON WHOLE WHEAT

**TUESDAY**  
EGG SALAD ON WHOLE WHEAT

**WEDNESDAY**  
TURKEY ON WHOLE WHEAT

**THURSDAY**  
CHICKEN CAESAR SALAD  
DICED CHICKEN, ROMAINE,  
PARMESAN & WG CROUTONS

**FRIDAY**  
YOGURT LUNCH  
YOGURT, GRANOLA\* & FRUIT  
\*NUT-FREE

**COMPLETE HOT ENTRÉE—STUDENT**

\$3.50  
INCLUDES: ENTRÉE, VEGETABLE/FRUIT  
& 1% OR SKIM MILK,  
FRESH FRUIT OR 100% FRUIT JUICE

QUESTIONS? CALL US @ 277.7090

## Butternut Squash Soup is back!



Did you know??? Butternut Squash is ...  
...a member of the gourd family just like melons,  
pumpkins and cucumbers.

...technically a fruit because it contains seeds.

...low in fat, and full of fiber making it  
heart-friendly! And it's full of Vitamin C.

...the perfect addition to an autumn meal with it's natural  
sweetness, it can be roasted, smashed,  
or made into soup very easily!



*So much of what we make is  
Made From Scratch...*

*Want to know what we make  
from scratch. . .?*

*Look for the  
orange italics on the menu!*

*All of our  
Breads, Wraps, Rolls,  
Pizza Crusts & Pastas  
are  
Whole Wheat (WW)  
or Whole Grain (WG)*

*From the Ranch...*

*Natural, Antibiotic/Hormone  
Free Local, NY State Beef  
is used for all  
Burgers, Beef Tacos  
& Beef Chili.*

**WHAT IS A COMPLETE LUNCH? TAKE AT LEAST 3 OUT OF 5! A COMPLETE LUNCH CONSISTS OF AT LEAST 3 OF THE 5 COMPONENTS OFFERED.**

**ONE MUST BE A VEGETABLE OR FRUIT/FRUIT JUICE**

**1. MEAT / MEAL ALTERNATE    2. VEGETABLE    3. FRUIT OR 100% FRUIT JUICE    4. GRAIN    5. MILK**

CONTACT YOUR PSA/PSO TO LEARN ABOUT YOUR SCHOOL'S NUTRITION COMMITTEE

Parents can always see what we're cooking to help your child plan their lunch.

Our elementary menus are posted online @

[http://www.northshore.k12.ny.us/Menus/Elementary\\_lunch-menu.htm](http://www.northshore.k12.ny.us/Menus/Elementary_lunch-menu.htm)

We use a Point of Sale system so students need only know their 4-digit PIN to buy lunch at school. Via *MyPaymentsPlus.com* you can see what your child's balance is, fund their lunch account and even see what they are eating.

### Snacks Sold in Elementary Cafeterias

Fresh Fruit ~ Raisins ~ Heartzels ~ Sun Chips ~ Sun Chip Mix ~ Food Should Taste Good - Multigrain Chips (GF)

Back to Nature Chocolate Chunk Cookies ~ Annie's Bunny Grahams ~ Home Free Vanilla or Chocolate Chip Cookies (GF) ~ Chobani Greek Yogurt (4 oz)  
100% Fruit Juice Ice ~ Milk, as a la carte beverage ~ 100% Juice, Apple or Orange (4 oz) ~ Water, Poland Spring 8oz or 16oz ~ Honest Kids, Appley Everafter