

November 2016

R-III Central School District

LUNCH



School Information: Lunch includes a serving of fruit plus a variety of milk. This institution is an equal opportunity provider.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



Spaghetti with Meat Sa
Steamed Broccoli **7**

Chicken Nuggets **14**
Mac & Cheese
Peas & Carrots

Hot Dog on Bun **21**
Corn
Snickerdoodle Cookie

Meatball Subs **28**
Sunchip Snack Mix
California Blend Veggies

Tuesday

Chili **1**
Bosco Stick
Garden Salad

BBQ Rib on Bun **8**
French Fries
Baked Beans

Hot Ham and Cheese **15**
On Bun
Green Beans

Turkey **22**
Mashed Potatoes
Green Beans
Hot Roll
Pumpkin Cake

Chicken & Noodles **29**
Whipped Potatoes
Green Beans
Breadstick

Wednesday

Beef and Bean Burrit **2**
Salsa
Corn

Turkey Bacon **9**
Flatbread Sandwich
Golden Corn

Scrambled Eggs **16**
Sausage Patty
Biscuits & Jelly
Tater Puffs
Vegetable Juice

Pizza **23**
Carrot Sticks

General Tso's Chicke **30**
Veggie Fried Rice
Oriental Vegetables

Thursday

Chicken Patty on Bur **3**
Green Beans

Chicken Quesadilla **10**
Garden Salad

Corn Dogs **17**
Baked Beans
Celery Sticks



Friday

Cheesy Bread **4**
California Blend Veggies

Pizza **11**
Steamed Carrots

Bosco Stick **18**
Marinara Sauce
Garden Salad

