

# November 2016

## Auburn K-8 Menu

### LUNCH



Breakfast includes cold cereal, toast, fruit and juice. Nonfat flavored or 1% unflavored milk is available at breakfast and lunch.  
Breakfast \$2.00 Lunch \$3.00  
Adult Breakfast \$2.50 Adult Lunch \$3.65



**Nutrition Tip:** Eat a variety of fruits and vegetables every day and try new recipes with fruits and vegetables in them to keep it exciting and interesting.

### Monday



#### Breakfast Wrap

Burrito  
Cheesy Bread  
Peppers/Tomatoes  
Tator Tots  
Orange Slices or Applesauce

#### Waffles

Chicken Quesadilla  
Hamburger  
Mixed Greens Salad  
French Fries  
Kiwi  
Mixed Fruit

#### Breakfast Wrap

Pork Rib Sandwich  
Chicken Nuggets  
Red Pepper Strips  
Carrots  
Pear  
Pineapple

#### Waffles

Chicken Strips  
Ravioli  
Breadstick  
Carrot/Celery Sticks  
Sweet Potato Fries  
Orange Slices or Applesauce

### Tuesday

#### Fruit/Yogurt Parfait

Cheese Pizza  
Hot Ham And Cheese  
Mixed Greens Salad  
Baked Beans  
Apple Slices or Peaches

#### Eggs/Hashbrowns

Bosco Stick  
Ravioli  
Broccoli/Cauliflower  
Baked Beans  
Pear or Mandarin Oranges

#### Fruit/Yogurt Parfait

Cheese Pizza  
Chicken and Rice  
Carrot Sticks  
Green Beans  
Orange Slices or Pears  
Sugar Cookie

#### Eggs/Hashbrowns

Bosco Stick  
Fish Shapes  
Creamy Coleslaw  
Mashed Potatoes  
Apple Slices or Mixed Fruit  
Pumpkin Bar

#### Fruit/Yogurt Parfait

Cheese Pizza  
Hot Ham And Cheese  
Mixed Greens Salad  
Baked Beans  
Kiwi  
Mandarin Oranges

### Wednesday

#### Pancakes

Spaghetti/Breadstick  
Chicken Sandwich  
Carrot Sticks  
Green Beans  
Kiwi or Pineapple

#### French Toast Sticks

Lasagna  
Pork Tenderloin Sandwich  
Salad With Cucumbers  
Carrots  
Apple Slices or Peaches  
Brownie

#### Pancakes

Nachos Grandes  
BBQ Pork Sandwich  
Salad With Tomatoes  
Baked Beans  
Apple Slices  
Mandarin Oranges

#### French Toast Sticks

Horseshoe  
Chicken Fajita  
Carrot/Celery Sticks  
Corn  
Banana  
Pears

#### Pancakes

Spaghetti/Breadstick  
Chicken Sandwich  
Marinated Vegetable Salad  
Green Beans  
Pear or Peaches  
Triple Berry Buckle

### Thursday

#### Breakfast Bagel

Sliced Turkey/Breadstick  
Soft Taco  
Salad With Tomatoes  
Mashed Potatoes  
Grapes or Mixed Fruit  
Oatmeal Cookie

#### Tornado

Chicken and Noodles  
Sloppy Joe  
Creamy Cole Slaw  
Corn  
Banana or Pineapple

#### Breakfast Bagel

BBQ Chicken Wings  
Chili/Crackers  
Peppers/Tomatoes  
Oven Brown Potatoes  
Grapes or Applesauce

NO SCHOOL

### Friday

MANAGER'S CHOICE

NO SCHOOL

Tornado  
Grilled Cheese Sandwich  
Corn Dog  
Broccoli/Cauliflower  
Mashed Potatoes  
Banana  
Peaches

NO SCHOOL

