


Lake Mills Elementary School Lunch Menu- November 2017

Alternate reimbursable meal offered daily are **Fit-Bite Meals** (includes a whole grain bagel or muffin, string cheese, yogurt, fruit, veggies and milk) or a **Bistro Box** (includes fruit, veggies and a milk)



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken and Rice Casserole Dinner Roll Steamed Carrots Romaine Peaches Bistro Box- Ham Sub Sandwich	2 Beef Walking Taco Mexican Rice Refried Beans Salsa Banana Bistro Box- Taco Salad with Corn Chips	3 Pepperoni Pizza Broccoli Applesauce Jicama Sticks Bistro Box- Pretzel Rods and Cheese Cubes
6 Hot Turkey Sandwich California Blend Pineapple Bistro Box- WOW Butter and Jelly Triangles	7 Chicken Parmesan WG Penne Cherry Tomatoes Bistro Box- Fruit and Yogurt Parfait with Granola	8 Tater tot Casserole Dinner Roll Peas Mandarin Oranges Bistro Box- Turkey Sub Sandwich	9 Sweet n Sour Chicken Brown Rice Edamame Applesauce Bistro Box- Chicken Caesar Salad with Croutons	10 Cheeseburger French Fries Baby Spinach Oranges Bistro Box- Cold Pizza
13 Macaroni and Cheese Green Beans Kiwi Cherry Tomatoes Bistro Box- Turkey and Provolone Pinwheels	14 Meatball Hoagie Potato Wedges Roasted Zucchini Sticks Fruit Mix Bistro Box- Fruit and Yogurt Parfait with Granola	15 Pizza Hot Dish Garlic Breadstick Steamed Carrots Pears Bistro Box- Roast Beef Sub Sandwich	16 Chicken Fajita Roasted Peppers and Onions Black Beans Grapes Bistro Box- Taco Salad with Corn Chips	17 Pizza Hut Pizza Day!! Corn Pineapple Cucumbers Bistro Box- Pretzel Rods and Cheese Cubes
20 Baked Chicken Breast WG Noodles Garlic Breadstick Corn and Pears Bistro Box- WOW Butter and Jelly Triangles	21 Italian Cheese Fries Marinara Sauce Capri Blend Vegetables Applesauce Bistro Box- Fruit and Yogurt Parfait with Granola	22 No School	23 No School 	24 No School
27 Grilled Cheese Sandwich Tomato Soup Applesauce Broccoli Bistro Box- Turkey and Provolone Pinwheels	28 Corn Dog Potato Wedge Peas Peaches Bistro Box- Fruit and Yogurt Parfait with Granola	29 Crispy Chicken Bowl Green Beans Oranges Breadstick Bistro Box- Turkey and Provolone Pinwheels	30 Beef Hot Dog on a Bun Baked Beans Celery Melon Bistro Box- Chef Salad	<p>A trip to the Garden Bar is included with a reimbursable meal.</p> <p>Skim White, 1% White and Low-Fat Chocolate Milk is included in every meal</p>

OFFER VS. SERVE

What Does It Mean?

With lunch, you must take a fruit or vegetable to make a complete reimbursable meal.

Please keep in mind most of our entrees count as 2 items.

BREAKFAST

STUDENTS MUST CHOOSE 3 OR 4 ITEMS TO MAKE A REIMBURSABLE BREAKFAST

GRAIN
May take ONE OR TWO grain items (depending on size of item)
When available, a meat item may be offered in place of a grain item.

FRUIT*
May take up to TWO half-cup fruit choices (MUST take at least one)
When available, a vegetable may be offered in place of a fruit choice.

MILK
May take a cup of milk (8 oz.)
*MUST take at least 1 serving of fruit (or vegetable when offered)

LUNCH

STUDENTS MUST TAKE 3, 4 OR 5 COMPONENTS TO MAKE A REIMBURSABLE LUNCH

GRAIN
May take ONE 2 oz. grain item (most entrees are 2 oz.)

PROTEIN
May take ONE 2 oz. protein item (most entrees are 2 oz.)

FRUIT*
May take ONE half-cup fruit choice

VEGETABLE*
May take TWO half-cup vegetable choices

MILK
May take a cup of milk (8 oz.)
*Must take at least one 1/2 serving of fruit or vegetable

For Questions or Comments, please contact Cathy Kooiman,

Food Service Director at:
Catherine.kooiman@lakemills.k12.wi.us or 920-648-2355 x 312

Student Lunch: \$2.75
Reduced: \$0.40
Adult: \$3.60
Milk: \$0.30

This institution is an equal opportunity provider.

Pizza Hut Day is Friday, November 17th!

