

# Wilshire Park Elementary Lunch Menu

## November 2017

Nutrition Services is proud to offer Minnesota Thursday! Watch for the local menu the first Thursday of each month!



**Meal Prices**  
**Breakfast \$ 2.00**  
**Lunch \$ 2.65**  
**Adult Breakfast \$ 2.50**  
**Adult Lunch \$4.00**  
**Milk \$.55**



The menu is subject to change without notice. May contain allergens including but not limited to eggs, wheat, soy, dairy, & fish. Substitutes available with physician's statement.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Salad bar, fresh fruit, and low fat milk available daily.                      Soybutter &amp; Grape Jelly Sandwiches available M-W-F</p>		<p>1 {}Tst Ham &amp; Cheese                      Toasted Cheese                      Sandwich on Whole Grain Bread                      Creamy Tomato Soup                      Cheesy Goldfish Cracker                      Garden Green Beans                      Chilled Peaches</p>	<p>2 Roast Turkey with Gravy                      Fluffy Whipped Potatoes                      Maple-Sage Roasted Delicata Squash                      Whole Grain Dinner Roll                      Chilled Cranberry Sauce                      Soybutter &amp; Grape Jelly                      Whole Grain Sandwich</p>	<p>3 WG Breaded Fish Patty                      WG Hamburger Bun                      Mini Cheese Ravioli with Marinara Sauce                      Whole Grain Bread Stick                      Creamy Coleslaw                      Frosty Pineapple Tidbits</p>
<p>6 Chicken Nuggets                      Potato Salad                      Cheese Calzone                      Steamed Green Beans                      Chilled Applesauce</p>	<p>7 Chicken Fajita                      Whole Grain Tortilla                      Fiesta Back Bean                      Steamed Brown Rice                      Roasted Pepper &amp; Onion                      Jonny Pop on a Stick</p>	<p>8 Beef Meatballs w/                      Marinara Sauce                      Whole Grain Sub Bun                      Baked Whole Grain Ziti w/                      Marinara Sauce                      Steamed Carrot Coins                      Fresh Tropical Kiwi</p>	<p>9 Mandarin Orange Glazed                      Crispy Chicken                      Steamed Brown Rice                      Cheese Quesadilla Pizza                      Seasoned Edamame                      Chilled Pear Slices</p>	<p>10</p> <p><b>No School!</b></p>
<p>13 Cheese Lasagna Roll Up                      Garlic Toast                      Mozzarella Cheese                      Smoked Turkey &amp; Cheese on WG Hoagie                      Whole Grain Sub Bun                      Steamed Broccoli                      Chilled Pears</p>	<p>14 Beefy Nachos                      Veggie Cheese Nachos                      Whole Grain Tortilla Rounds                      Fresh Nacho Fixings                      Fiesta Back Bean                      Chilled Peaches</p>	<p>15 Sweet and Sour Chicken                      Sweet &amp; Sour Tofu Over                      Steamed Brown Rice                      Stir Fry Vegetables                      Frosty Pineapple Tidbits                      Fortune Cookie</p>	<p>16 Whole Grain Pasta w/                      Beef Meatballs w/                      Marinara Sauce                      Mozzarella Cheese                      Garlic Toast                      Garden Green Beans                      Fresh Banana</p>	<p>17 Hamburger                      Veggie Patty                      WG Hamburger Bun                      Baby Red Potatoes                      Baked Apple Crisp</p>
<p>20 Smothered Beef Burrito                      Poblano Chile &amp; Cheese                      Enchiladas                      Sour Cream and Salsa                      Red Pepper Strips                      Mexican Rice                      Mandarin Oranges</p>	<p>21 Whole Grain French Toast                      Sticks                      Chicken Sausage Patty                      Roasted Turkey &amp; Cheese                      Whole Grain Sub Bun                      Oven Baked Tri Tator                      Strawberry Compote</p>	<p>22 Cheesy Italian Pizza                      Pepperoni Pizza                      Garden Peas                      Cinnamon Applesauce</p>	<p>23</p>	<p>24</p>
<p>27 Chicken Mashed Potato Bowl                      {}Whipped Potatoes                      Popcorn Chicken                      Gravy                      Shredded Cheese                      Golden Corn                      Baked Buttermilk Biscuit                      Frosty Pineapple Tidbits</p>	<p>28 Teriyaki Chicken Rice Bowl                      Teriyaki Tofu                      Steamed Brown Rice                      Szechuan Green Beans                      Chilled Pears                      Chocolate Chip Cookie</p>	<p>29 Beef Burrito                      Bean &amp; Cheese Burrito                      Roasted Pepper &amp; Onion                      Fiesta Back Bean                      Chilled Fruit Cocktail</p>	<p>30 Cheesy French Bread with                      Marinara Sauce                      Smoked Turkey &amp; Cheese on WG Hoagie                      Whole Grain Sub Bun                      Cauliflower                      Chilled Peaches</p>	