

Welcome to our Lunch Cafe @ Troy Elementary School

November
2017

Monday

Tuesday

Wednesday

Thursday

Friday



HARVEST
of the
MONTH

We proudly support clean, organic,
local and sustainable agriculture.



1 Organic Strawberry
Yogurt
Mozzarella String Cheese
Animal Crackers
Mixed Fruit

2 Cheeseburger
Side of Carrots
Fresh Banana
Mixed Fruit

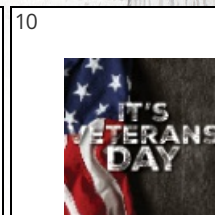
3 Pepperoni Pizza
Side Salad
Steamed Broccoli
Fresh Apple
Mixed Fruit

6 Baked Chicken
BBQ Sauce
Corn
Fresh Apple

7
**Lunch
Service not
available**

8 Crispy Chicken Sandwich
Corn
Celery
Fresh Apple
Diced Peach Cup

9 Soft Taco
Salsa
Side of Carrots
Side Salad
Fresh Banana
Pineapple Tidbits



13 Chicken Tenders
Steamed Broccoli
Celery
Fresh Apple
Diced Pears

14 Chicken Quesadilla
Salsa
Brown Rice
Green Beans
Side Salad
Fresh Banana
Mixed Fruit

15 Grilled Cheese
Side of Carrots
Celery
Fresh Apple
Pineapple Tidbits

16 Popcorn Chicken
Corn
Side Salad
Fresh Orange
Diced Peach Cup

17 Cheese Pizza
Baked Beans
Celery
Fresh Apple
Mixed Fruit

20 Turkey Hot Dog on Bun
Steamed Broccoli
Carroteenies
Fresh Apple
Diced Pears

21 Popcorn Chicken
Whole Wheat Dinner Roll
Green Beans
Celery
Fresh Banana
Mixed Fruit

22
**Lunch
Service not
available**



24
**School
Closed**

27 Mozzarella Sticks
Spaghetti Sauce
Steamed Broccoli
Side Salad
Fresh Apple
Pineapple Tidbits

28 Grilled Cheese
Oven Baked Fries
Whole Wheat Dinner Roll
Celery
Fresh Banana
Applesauce

29 Soft Taco
Salsa
Green Beans
Side Salad
Fresh Orange
Diced Peach Cup

30 Chicken Nuggets
Whole Wheat Dinner Roll
Side of Carrots
Celery
Fresh Banana
Diced Pears



SIMPLY ROOTED™
in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. This is because we are Simply Rooted™ in food and family and



use ingredients that are locally sourced, all natural, and organic or non-GMO, whenever possible.



Available Daily

Turkey or ham sandwiches on whole grain bread
Chef salad or chicken nugget salad with dark greens and roll
Yogurt parfait

Variety of fresh and chilled fruit

All meals are served with choice of fat free chocolate or 1% low fat or skim milk

If you have any questions or would like additional information regarding this menu please contact your food service director Rich Hollander at 518 328 5490 or hollanderr@whitsons.com

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. USDA is an equal opportunity provider, employer, and lender.