

North Lakes


November 2011

LUNCH

Prices : Student - \$3.35,
Extra Entrée - \$1.25, Adult - \$3.50

SERVED DAILY AT EVERY HOT MEAL (PLANNED PORTION SIZE AND APPROXIMATE NUTRIENT CONTENT)

Fresh Green **Salad** (1 per meal) - Lettuce Blend, Caesar, Spinach Mix, Oriental **OR** Greek (1/2 cup = 15 cal, 3 g carb, 1 g pro)
Low Fat Dressing/Dip (2 tbsp = 45 cal, 5 g fat)
Fresh **Veggies** (1 per meal) - Carrots, Celery, Broccoli, Cauliflower, Cucumber, **OR** Tomatoes (1/4 c = 15 cal, 3 g carb, 1 g pro)
Fresh **Fruit** (1 per meal) - Apple, Orange, Banana, Cantaloupe, Grapes, **OR** Watermelon (1/2 c = 60 cal, 15 g carb)
Variety of Milk, including Skim (1/2 pint = 90 cal, 12 g carb, 8 g pro, >1 g fat)

Oct 31st	1st	2nd	3rd	4th
Swedish Meatballs Mashed Potatoes & Roll Salad, Veggies, Fruit, Milk V - 3 Cheese Penne	Chicken Mostacolli French Bread Salad, Veggies, Fruit, Milk V - Vegetarian Mostacolli	Cheesy Breadsticks w/ Marinara Sauce Salad, Veggies, Fruit, Milk V - Same	Bean & Cheese Enchilada Bake Fruit Churro Salad, Veggies, Fruit, Milk V - Same	BBQ Beef Sandwich Potato Wedges Salad, Veggies, Fruit, Milk V - Italian Cheese Sand
7th	8th	9th	10th	11th
No School	Chicken Alfredo Wheat Dinner Roll Salad, Veggies, Fruit, Milk V - Cheese Alfredo	Meatball Hoagie Baked Chips Salad, Veggies, Fruit, Milk V - Egg & Cheese Bagel	Grilled Cheese Sandwich Tomato Soup Salad, Veggies, Fruit, Milk V - Same	Chicken Fajita Wrap Cilantro Lime Rice Salad, Veggies, Fruit, Milk V - Bean & Rice Wrap
14th	15th	16th	17th	18th
Beef Stroganoff Mashed Potatoes & Roll Salad, Veggies, Fruit, Milk V - Veg Bean Chili	Multi-Cheese Pita Melt Rice Krispie Bar Salad, Veggies, Fruit, Milk V - Same	Baked Chicken Leg Baked Beans & Corn Muffin Salad, Veggies, Fruit, Milk V - Cheesy Breadstick	Spaghetti w/ Meatsauce Garlic Breadstick Salad, Veggies, Fruit, Milk V - W/ Marinara Sauce	Chicken Stir Fry Steamed Rice Salad, Veggies, Fruit, Milk V - Veg Stir Fry
21nd	22nd	23rd	24th	25th
Soft Shell Beef Taco Black Beans Salad, Veggie, Fruit, Milk V - Bean & Cheese Taco	Cheese Lasagna French Bread Salad, Veggies, Fruit, Milk V - Same	White Chicken Chili Southern Biscuit Salad, Veggies, Fruit, Milk V - Multi-Cheese Pita Melt	No School	No School
28th	29th	30th	 <p>Done Right Food School & Event Catering Services</p>	
Chicken Philly Roasted Potatoes Salad, Veggies, Fruit, Milk V - Egg Salad Sandwich	Beef Nachos Refried Beans Salad, Veggies, Fruit, Milk V - Cheese Nachos	Southwest Mac & Cheese Breadstick Salad, Veggies, Fruit, Milk V - Mac & Cheese		

BREAKFAST

Prices: Student - \$1.80, Adult - \$2.00

SERVED DAILY AT EVERY HOT MEAL (PLANNED PORTION SIZE AND APPROXIMATE NUTRIENT CONTENT)

Fruit Juice - Apple, Orange, or Grape (1/2 c = 60 cal, 15 g carb,)
Variety of Milk, including Skim (1/2 pint = 90 cal, 12 g carb, 8 g pro, > 1 g fat)

Breakfast Cereal String Cheese Fruit Juice, Milk	Assorted Muffins Fruit Yogurt Fruit Juice, Milk	New York Bagel Cream Cheese & PB Fruit Juice, Milk	Mini Breakfast Loaves Cheese Stick Fruit Juice, Milk	Yogurt Parfait w/ Granola Fruit Juice, Milk
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MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS
Note: Menus may use ingredients that contain peanuts, other nuts/seeds, milk, egg, soybean, and other products.

ANY QUESTIONS? CONTACT:
School Office @ 651-982-2773 or
DONE RIGHT FOOD @ 651-702-5998 or www.donerightfood.com

Our Commitment

"Healthy Food, Healthy Message"
We provide wholesome, delicious, real food that helps teach the right message to children.