

# North Lakes

# MENU

# November

## →→→→→ LUNCH

LUNCH PRICES: Student - \$3.25, Reduced -

**SERVED DAILY AT EVERY MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CONT)**

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

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   |
|---|---|--|--|
| <b>2-Nov</b>  | <b>3-Nov</b>  | <b>4-Nov</b>   | <b>5-Nov</b>   |
| Chicken Fajita<br>Latin Rice Pilaf<br>Salad, Veggies, Fruit, Milk     | Meatball Hoagie<br>Pasta Salad<br>Salad, Veggies, Fruit, Milk   | Italian Chicken Sandwich<br>Potato Wedges<br>Salad, Veggies, Fruit, Milk | Multi-cheese Pita Melt<br>Soft Breadstick<br>Salad, Veggies, Fruit, Milk |
| <b>9-Nov</b>  | <b>10-Nov</b>   | <b>11-Nov</b>  | <b>12-Nov</b>  |
| NO<br>SCHOOL<br>TODAY   | Chicken Stir-Fry<br>Asian Rice<br>Salad, Veggies, Fruit, Milk   | Spaghetti w/Meat Sauce<br>Garlic Toast<br>Salad, Veggies, Fruit, Milk    | Grilled Cheese Sandwich<br>Tomato Soup<br>Salad, Veggies, Fruit, Milk    |
| <b>16-Nov</b>   | <b>17-Nov</b>   | <b>18-Nov</b>  | <b>19-Nov</b>  |
| BBQ Chicken Legs<br>Baked Beans & Roll<br>Salad, Veggies, Fruit, Milk | Beef Stroganoff<br>w/Egg Noodles<br>Salad, Veggies, Fruit, Milk   | Cheesy Breadsticks<br>w/Marinara Sauce<br>Salad, Veggies, Fruit, Milk    | Chicken Quesadilla<br>Spanish Rice<br>Salad, Veggies, Fruit, Milk        |
| <b>23-Nov</b>   | <b>24-Nov</b>   | <b>25-Nov</b>  | <b>26-Nov</b>  |
| Beef Gyro on Pita Bread<br>Rice Pilaf<br>Salad, Veggies, Fruit, Milk  | Roast Turkey<br>Mashed Potatoes & Roll<br>Salad, Veggies, Fruit, Milk   | Beef & Cheese Lasagna<br>Garlic Toast<br>Salad, Veggies, Fruit, Milk     | NO<br>SCHOOL<br>TODAY  |
| <b>30-Nov</b>   | <b>QUESTIONS?</b><br>CONTACT THE SCHOOL OFFICE @ 651-982-2773 or<br>DONE RIGHT FOOD @ 651-702-5998 or<br><a href="http://www.donerightfood.com">www.donerightfood.com</a> |  | <b>Done Right I</b><br>School & Event Catering                           |
| Beef & Cheese Nachos<br>Mexican Rice<br>Salad, Veggies, Fruit, Milk   |   |  |  |

MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS

Note: Menus may use ingredients that contain peanut, other nut/seed, milk, egg, soybean, and other pro

# er 2009

\$ .40, Adult - \$3.50

## ENT)

ohydrate, 1 g protein)

carb, 1 g pro)

g carb)

## FRIDAY

### 6-Nov

Teriyaki Chicken  
: Jeweled Rice  
Salad, Veggies, Fruit, Milk

### 13-Nov

Philly Cheesesteak  
Roasted Potatoes  
Salad, Veggies, Fruit, Milk

### 20-Nov

BBQ Beef Sandwich  
Baked Chips  
Salad, Veggies, Fruit, Milk

### 27-Nov

NO  
: SCHOOL  
TODAY



ducts.