



# Cyclone Elementary Menu

Peanut Butter and Jelly is available everyday as an entree choice

Student 2nd Entree: \$2.15

**BREAKFAST** is offered daily and includes assorted cereal, juice, milk and entree listed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>No School</b>
<b>Breakfast: Raisins</b> <b>Macaroni and Cheese made with **NY Sharp Cheddar</b> Green Beans Pretzel Fruit Cocktail 4	<b>Breakfast: Fruit Cup and Egg and Cheese on Bun</b>  <b>Chicken Tenders</b> Baked Beans Bagel Applesauce 5	<b>Breakfast: Bananas and Poptart</b>  <b>Early Dismissal</b> Yogurt Parfait with Strawberry and Granola Baby Carrots Muffin Apple 6	<b>Breakfast: Craisins and Pancakes</b>  <b>Early Dismissal</b> Cyclone Lunchable with Ham, Turkey and Cheese Whole Wheat Dinner Roll Baby Carrots Peaches 7	<b>Breakfast: Fruit Cup</b>  <b>Cheese Ravioli with Meat Sauce</b> Maple glazed carrots WG Garlic Knot Diced Pears 8
	<b>Breakfast: Raisins</b>	<b>Breakfast: Bananas and WG Donuts</b>	<b>Breakfast: Craisins and Cinni Mini</b>	<b>Breakfast: Fruit Cup and Breakfast Bread</b>
<b>Veterans Day</b> <b>No School</b> 11	<b>Mini Corn Dogs</b> French Fries Baby Carrots Diced Pears 12	<b>Chicken Patty on a Roll</b>  Sweet Potato Fry Apple 13	<b>Pizza Wedge</b> Garden Salad with Fresh Vegetables Peaches <b>DOMINOS: NORTH/STARBUCK</b> 14	<b>Pasta with Meatballs</b> Green Beans Whole Wheat Dinner Roll Fruit Cocktail 15
<b>Breakfast: Raisins</b>	<b>Breakfast: Fruit Cup and String Cheese</b>	<b>Breakfast: Bananas and Muffin</b>	<b>Breakfast: Craisins and Mini Strawberry Pancake</b>	<b>Breakfast: Fruit Cup and Hard Boiled Egg</b>
<b>Pizza Dunkers</b> 3 Bean Salad Fruit Sidekick Applesauce Marinara Dipping Sauce 18	<b>Tacos with Nacho Chips</b> Refried Beans Lettuce and Cheese Cup Diced Pears 19	<b>Individual Pan Pizza</b> Garden Salad with Fresh Vegetables Peaches <b>DOMINOS: WILEY/OHIO</b> 20	<b>THANKSGIVING DINNER</b> <b>Roast Turkey with Stuffing</b> Mashed Potato and Corn Dinner Roll Apple Ice cream Treat 21	<b>Hot Dog on Roll</b> Tater Tots Orange Wedges 22
<b>Breakfast: Raisins</b>	<b>Breakfast: Fruit Cup and Cinni Minis</b>			
<b>Cheeseburger on Roll</b> Baked Beans Fruit Cup 25	<b>Popcorn Chicken Bowl with Mashed Potatoes</b> Corn Whole Wheat Dinner Roll Diced Pears Chicken Gravy 26	<b>No School</b>  <b>Enjoy</b>	<b>No School</b>  <b>Thanksgiving</b>	<b>No School</b>  <b>Recess</b>

USDA IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER Milk available daily: Fat free, 1% and Fat free chocolate Menu subject to change without notice

Please be advised if your child/children have food allergies, foods served may contain ingredients your child is allergic to. For more specific information, please contact the School Nutrition Program Director.

**Make every Forkful Count:**

Healthy Celebrations, Lasting Memories:

<b>Create Fun Food:</b> Use cookie cutters to make theme shapes in food	<b>Get Moving:</b> Plan activities too such as outdoor games	<b>Get Colorful:</b> Choose Fruits or Veggies with color that fit the season	<b>Go Simple with Drinks:</b> Water and Low Calorie Drinks are best; Choose Colored Cups	<b>Decorate Together:</b> Create Centerpieces, placemats, or garlands to decorate your table
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