

# Elementary School Menu November 2017

Monday

Tuesday

Wednesday

Thursday

Friday

**Students may prepay for meals Weekly or Monthly. Prices for lunch are \$1.85 Full Price and \$.40 Reduced Price.**

**BREAKFAST:** Students may select all 4 food groups, but must select at least 3 food groups to make a complete meal. A fruit or vegetable is required.

**LUNCH:** Students may select all 5 food groups, but must select at least 3 food groups to make a complete meal. A fruit or vegetable is required.

**Menu Subject to Change Based on Product Availability**

**1 Choice of One**  
Chicken Nuggets w/wo Hot Roll  
Spaghetti & Meat Sauce w/wo Hot Roll  
**Fresh** Chef Salad w/wo Hot Roll

**Choose Up To Two**  
Seasoned Potato Sticks  
**Fresh** Baked Sweet Potato  
Steamed Spinach  
**Fresh** Side Salad

**Choose Up To Two**  
Chilled Pineapple  
**Fresh** Pear

**2 Choice of One**  
Tangerine Chicken Bowl w/ Fried Rice w/wo Hot Roll  
Hot Dog on Bun (*all Beef*)  
**Fresh** Chef Salad w/wo Hot Roll

**Choose Up To Two**  
Baked Beans  
Fresh Steamed Cabbage  
**Fresh** Broccoli  
**Fresh** Side Salad

**Choose Up To Two**  
Chilled Strawberry Cup  
**Fresh** Apple

**3 Choice of One**  
Chicken Tenders  
Soft Beef Taco w/wo Salsa  
**Fresh** Chef Salad w/wo Hot Roll

**Choose Up To Two**  
Creamy Mashed Potatoes w/wo Gravy  
Green Beans  
**Fresh** Baby Carrots  
**Fresh** Side Salad

**Choose Up To Two**  
Chilled Applesauce  
**Fresh** Banana

**6 Choice of One**  
Cheese or Pepperoni Pizza  
Sloppy Joe on Bun  
**Fresh** Chef Salad w/wo Hot Roll  
Chicken Salad Cold plate w/wo Hot Roll

**Choose Up To Two**  
Oven Baked Potato Wedges  
Steamed Spinach  
**Fresh** Side Salad

**Choose Up To Two**  
Chilled Peaches  
**Fresh** Grapes

**7**  
**Teacher's Clerical Day**

**Students Not in School**

**8 Choice of One**  
**FRESH COOKED**  
Oven Fried Chicken w/wo Hot Roll  
Chicken Nuggets w/wo Hot Roll  
Hot Dog on Bun (*all Beef*)

**Choose Up To Two**  
Scalloped Potatoes  
Baked Beans  
**Fresh** Side Salad

**Choose Up To Two**  
Chilled Mixed Fruit  
**Fresh** Pear

**9 Choice of One**  
Shrimp Poppers w/ Mac & Cheese  
**NC** Pork BBQ on Bun  
**Fresh** Chef Salad w/wo Hot Roll

**Choose Up To Two**  
Oven Baked Fries  
Green Beans  
**Fresh** Side Salad  
**Fresh** Baby Carrots

**Choose Up To Two**  
Chilled Pineapple  
**Fresh** Apple

**10**  
**Veterans Day Holiday**

**Students Not in School**

Fruits are served daily at Breakfast & Lunch. A variety of ice cold milk is offered with each meal.

**Student Meal Charges/Negative Account Balance:** When a student account balance exceeds \$15.00, we will attempt to contact the parent or guardian by phone. In addition, a collection notice letter will be mailed requesting payment within ten business days. If the requested debt payment is not satisfied by the due date, the entire outstanding balance in addition to any current meal charges will be turned over to the City for collection of the amount and any applicable fees. Students who have a negative account balance will NOT be allowed to purchase or charge ala carte snacks and beverages.

*In accordance with State Law, returned checks will be processed for collection and allowable bank and collection agency fees will be charged.*

### Breakfast Menu

Choose From One of the Featured Items:

Monday – Blueberry Muffin

Tuesday – Breakfast Chicken Sandwich

Wednesday – Cheese Omelet &/Bacon w/wo Toast

Thursday – Breakfast Sausage Sandwich

Friday – TONY'S Breakfast Pizza

OR Choose One of the Items Offered Daily: Assorted reduced sugar Cereals w/wo Toast, Pop Tarts w/wo Toast, Breakfast Bun, Donut Holes, Yogurt w/wo Toast

Choice of Assorted Fresh Fruits or Fruit Juices

**Breakfast Price: \$.85 full-price \$.30 Reduced Price**

**MySchoolBucks.com App** – Download the MySchoolBucks.com mobile app to your smart phone or tablet. MySchoolBucks.com is a secure online prepayment service for student meal accounts. The service is FREE to parents to monitor meal account history and available money on the child's account. Parents may make prepayments to their child's (lunch, breakfast and ala carte food accounts online at all schools (Elementary, Middle & High Schools). MySchoolBucks.com charges \$1.95 fee for credit card payments.  
**\*NOTE: Parent's who have a child that will be attending a new school must update that information in the MySchoolBucks.com account.**

Questions or concerns regarding the School Breakfast or Lunch Programs at Suffolk Public Schools can be directed to the Director of Food and Nutrition Services by calling 925-5789, or by e-mailing Brian Williams at: [brianwilliams@spsk12.net](mailto:brianwilliams@spsk12.net)

**Birthday Cup Cakes (Chocolate and/or White), Ice Cream Novelties and Frosted Cookies** are available for celebrating your **Child's Special Day** with their classmates. These tasty treats are lower in fat and sugar and meet national Smart Snack regulations. All items must be pre-ordered (10 day notice is required) and paid for at the time of the order. Contact the Child Nutrition Manager at your child's school for details or to place an order! *Cup cakes are 40 cents each, Ice Cream novelties are \$.70 each and Frosted cookies are sold in a box of 21 cookies for \$10.50.*

<p><b>13 Choice of One</b> Cheese or Pepperoni Pizza Cheeseburger on Bun Fish Sticks <b>Fresh</b> Chef Salad w/wo Hot Roll Tuna Salad Cold plate w/wo Hot Roll</p> <p><b>Choose Up To Two</b> Oven Baked Fries Whole Kernel Corn <b>Fresh</b> Side Salad <b>Choose Up To Two</b> Chilled Mixed Fruit <b>Fresh</b> Grapes</p>	<p><b>14 Choice of One</b> Chicken Wings w/wo Hot Roll BBQ Pork Rib Sandwich <b>Fresh</b> Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two</b> Oven Baked Potato Wedges Broccoli Spears <b>Fresh</b> Celery Sticks <b>Fresh</b> Side Salad <b>Choose Up To Two</b> Chilled Peach Cup <b>Fresh</b> Orange Wedges</p>	<p><b>15 Choice of One</b> Chicken Nuggets w/wo Hot Roll Spaghetti &amp; Meat Sauce w/wo Hot Roll <b>Fresh</b> Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two</b> Seasoned Potato Sticks Steamed Spinach <b>Fresh</b> Side Salad</p> <p><b>Choose Up To Two</b> Chilled Pineapple <b>Fresh</b> Pear</p>	<p><b>16 HOLIDAY MEAL</b> <b>Choice of One</b> Roast Turkey w/wo Dressing &amp; Gravy w/wo Hot Roll Hot Dog on Bun (<i>all Beef</i>) <b>Fresh</b> Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two</b> Baked Sweet Potato Green Beans <b>Fresh</b> Broccoli <b>Fresh</b> Side Salad <b>Choose Up To Two</b> Chilled Pears <b>Fresh</b> Tangerine</p>	<p><b>17 Choice of One</b> Chicken Tenders Hamburger on Bun <b>Fresh</b> Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two</b> Baked Beans Fresh Steamed Cabbage <b>Fresh</b> Baby Carrots <b>Fresh</b> Side Salad <b>Choose Up To Two</b> Chilled Applesauce <b>Fresh</b> Banana <b>Early Dismissal Day</b> <b>PARENT TEACHER CONFERENCES</b></p>
<p><b>20 Choice of One</b> Cheese or Pepperoni Pizza Sloppy Joe on Bun <b>Fresh</b> Chef Salad w/wo Hot Roll Chicken Salad Cold plate w/wo Hot Roll</p> <p><b>Choose Up To Two</b> Oven Baked Potato Wedges Steamed Spinach <b>Fresh</b> Side Salad</p> <p><b>Choose Up To Two</b> Chilled Peaches <b>Fresh</b> Grapes</p>	<p><b>21 Choice of One</b> Popcorn Chicken Meatloaf &amp; Gravy w/wo Hot Roll <b>Fresh</b> Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two</b> Fluffy White Rice w/wo Gravy Whole Kernel Corn <b>Fresh</b> Celery Sticks <b>Fresh</b> Side Salad</p> <p><b>Choose Up To Two</b> Chilled Pears <b>Fresh</b> Orange Wedges</p>	<p><b>22 Choice of One</b> Chicken Nuggets w/wo Hot Roll Hot Dog on Bun (<i>all Beef</i>) <b>Fresh</b> Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two</b> Oven Baked Fries Sweet Green Peas <b>Fresh</b> Broccoli <b>Fresh</b> Side Salad <b>Choose Up To Two</b> Chilled Mixed Fruit <b>Fresh</b> Pear <b>Early Dismissal Day</b></p>	<p><b>23</b></p> <p><b>HOLIDAY</b> <b>THANKSGIVING</b></p> <p><b>Students Not in School</b></p>	<p><b>24</b></p> <p><b>Students Not in School</b></p>
<p><b>27 Choice of One</b> Cheese or Pepperoni Pizza Cheeseburger on Bun Fish Sticks <b>Fresh</b> Chef Salad w/wo Hot Roll Tuna Salad Cold plate w/wo Hot Roll</p> <p><b>Choose Up To Two</b> Oven Baked Fries Whole Kernel Corn <b>Fresh</b> Side Salad <b>Choose Up To Two</b> Chilled Mixed Fruit <b>Fresh</b> Grapes</p>	<p><b>28 Choice of One</b> Chicken Wings w/wo Hot Roll BBQ Pork Rib Sandwich <b>Fresh</b> Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two</b> Oven Baked Potato Wedges Broccoli Spears <b>Fresh</b> Celery Sticks <b>Fresh</b> Side Salad <b>Choose Up To Two</b> Chilled Peach Cup <b>Fresh</b> Orange Wedges</p>	<p><b>29 Choice of One</b> Chicken Nuggets w/wo Hot Roll Spaghetti &amp; Meat Sauce w/wo Hot Roll <b>Fresh</b> Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two</b> Seasoned Potato Sticks <b>Fresh</b> Baked Sweet Potato Steamed Spinach <b>Fresh</b> Side Salad <b>Choose Up To Two</b> Chilled Pineapple <b>Fresh</b> Pear</p>	<p><b>30 Choice of One</b> Tangerine Chicken Bowl w/ Fried Rice w/wo Hot Roll Hot Dog on Bun (<i>all Beef</i>) <b>Fresh</b> Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two</b> Baked Beans Fresh Steamed Cabbage <b>Fresh</b> Broccoli <b>Fresh</b> Side Salad <b>Choose Up To Two</b> Chilled Strawberry Cup <b>Fresh</b> Apple</p>	<p><b>Applications for Free and Reduced-Price meals are available at each school office and also on-line at <a href="http://sps.heartlandapps.com">sps.heartlandapps.com</a></b></p> <p><b>Applications are accepted daily throughout the school year. For more information please call 925-5789</b></p>

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