



# The Summit Country Day School



November 2009 \*Underlined Items Less Than 30% Fat

LOWER SCHOOL MENU				
26	27	28	29	30
<p>Chopped Chicken Salad or Baked Chicken Nuggets Seasoned Noodles Steamed Corn w/ Red/ Green Peppers Sliced Pears w/ Grapes Fortune Cookie Milk</p>	<p>Awesome Little Sliders (Hand Pattied All Beef Burger) w/ Cheese or <u>Veggie Burger</u> Multi Grain Chips SALAD BAR: Fresh Vegetable Tray with Mixed Lettuce Greens (Broccoli, Cherry Tomatoes, Carrots, Celery, Zucchini, Squash) w/ Ranch Sliced Apples/ Milk</p>	<p><u>THANKSGIVING SPECIAL</u> Turkey and Gravy Mashed Potatoes and Gravy Seasoned Green Beans Cranberries Apple Crisp or Choice of Dessert Milk</p>	<p>Homemade Cheese Pizza with Red and Green Peppers or Homemade Cheese Pizza or Homemade Pepperoni Pizza SALAD BAR: Fresh Vegetable Tray with Mixed Lettuce Greens (Broccoli, Cherry Tomatoes, Carrots, Celery, Zucchini, Squash) w/ Ranch Opt. Chocolate Chip Cookie Milk</p>	<p>New! Teriyaki Chicken over Mixed Wild Rice or Turkey, Ham or Salami on a Hoagie Sandwich and Mixed Wild Rice Fresh Steamed Green Beans Sliced Oranges Cinnamon Bear Graham Crackers Milk</p>
2	3	4	5	6
<p>Hard, Soft Shell Taco or Taco Salad (Chicken or Beef) with Chipotle Sauce opt. Corn Chips Fresh Vegetable Tray (Broccoli, Cherry Tomatoes, Carrots, Celery, Zucchini, Squash) w/ Ranch Opt. Apple Sauce Milk</p>	<p>Bow Tie Pasta with Grilled Chicken and Pesto or Sloppy Joe Sandwich Roasted Fresh Green Beans Sliced Peaches or Fresh Fruit Fruit Troll Milk</p>	<p><u>THANKSGIVING HOLIDAY!</u></p>	<p>BREAK</p>	<p>BREAK</p>
9	10	11	12	13
<p>Baked Corn Dogs or Hard Boiled Egg with Crackers Seasoned Noodles Seasoned Green Beans Sliced Apples or Raisins Milk</p>	<p>Hm. Chicken &amp; Cheese Quesadillas or Three Cheese Cool Quesa w/ Sautéed Peppers, Salsa and Sour Cream optional or French Country Plate (Croissant, Assorted Cheeses &amp; Grapes) Mixed Rice and Steamed Broccoli with Seasoning Salt Strawberry, Oranges, and Grapes Animal Crackers Milk</p>	<p>Homemade Beef Stir Fry or Turkey Whole Wheat Hoagie or Turkey, Ham, Salami on Whole Wheat Fresh Vegetable Tray (Broccoli, Cherry Tomatoes, Carrots, Celery, Zucchini, Squash) w/ Ranch Opt. 1/2 Banana or Choice Chocolate Pudding Milk</p>	<p>Brunch for Lunch Whole Wheat French Toast Sticks with Syrup and Crisp Bacon or Dino Spaghettios with Cheese Fresh Orange Juice Fresh Fruit Cup or Mixed Berry Smoothie Milk</p>	<p>Baked Sliced Chicken Breast and Spaghetti with Parmesan or Spaghetti with Cheese Herbed Tuscan Flat Bread Steamed Corn Fresh Fruit Cup Milk</p>

\*Can Sub main entrée w/ Asst. Yogurt, Cottage Cheese & Crackers, or Wheat Sandwiches including PB&J, Plain PB, or Cheese Sandwich (white bread can be requested)

\*\*Seconds available include: Bagel with Cream Cheese or Wheat Sandwiches including PB&J, Plain PB, or Cheese Sandwich

Did you have your 5-9 Today?

