

Daily Milk Choices:
 ☺ ½ % Chocolate
 ☺ 1% White
 ☺ Fat Free White

Berne Knox Westerlo

November 2011 Lunch Menu

Nov 1

- ❖ Egg Salad Sandwich on Whole Wheat
- ❖ Taco Salad
- ♥♥♥
- Very Vegetable Soup
- Fruits Galore!

Nov 2

- ❖ Chicken Tenders Plain or Buffalo Style
- Warm Garlic Flat Bread and Sauce
- ♥♥♥
- Green Beans
- Fruits Galore!

Nov 3

- Fresh Baked
- ❖ Cheese Pizza or
- ❖ Pepperoni Pizza
- ♥♥♥
- Romaine Salad Shaker
- Fruit Harvest Cake or
- Fruits Galore!

Nov 4

- ❖ Hamburger
- ❖ Cheeseburger or
- ❖ Deli Turkey Wrap
- ♥♥♥
- Crispy Potato Tots
- Fruits Galore!

Nov 7

- ★ Don't forget to honor our Veterans!
- ★★★★★★★
- ❖ Sloppy GI Joe/Jane on a Whole Wheat Bun
- ❖ Stuffed Crust Pizza
- ♥♥♥
- Sweet Kernel Corn
- ★ **True Blue Cookie** & Fruits Galore!

Nov 8

Special Menu Picked by Mrs. Tambasco's 1st Grade Class!

- ❖ BBQ Pork Rib w/ Brown Rice
- ❖ Taco Salad
- ♥♥♥
- Fresh Carrot Snackers
- Fruits Galore!

Nov 9

- ❖ Chicken Tenders Plain or Buffalo Style
- French Bread Stick & Sauce
- ♥♥♥
- Green Beans
- Fruits Galore!



Nov 10

- Fresh Baked
- ❖ Cheese Pizza
- ❖ White Pizza w/ Broccoli & Garlic
- ♥♥♥
- Romaine Salad Shaker
- Fruited Jell-O or
- Fruits Galore!

Nov 11

Veteran's Day

Nov 14

- ❖ Oriental Sweet & Sour Popcorn Chicken w/ Fried Brown Rice
- ❖ Stuffed Crust Pizza
- ♥♥♥
- Seasoned Broccoli
- Fruit Bar

Nov 15

- ❖ New & Delicious Bulldog Burger Casserole
- w/ Honey Cornbread
- ❖ Taco Salad
- ♥♥♥
- Fresh Cucumbers
- Fruits Galore!

Nov 16

- ❖ Chicken Tenders Plain or Buffalo Style
- Hot Soft Pretzel
- ♥♥♥
- Green Beans
- Fruits Galore!

Nov 17

- Fresh Baked
- ❖ Cheese Pizza or
- ❖ Pepperoni Pizza
- ♥♥♥
- Romaine Salad Shaker
- Blueberry Crisp or
- Fruits Galore!

Nov 18

Parent Conference Day

Nov 21

- ❖ Rotini & Meat Sauce w/ Garlic Knots
- ❖ Stuffed Crust Pizza
- ♥♥♥
- Fresh Carrot Snackers
- Fruits Galore!

Nov 22

- ❖ Chinese Chicken Lo Mein w/ Fortune Cookie
- *Taco Salad
- ♥♥♥
- Tender Green Peas
- Fruits Galore!

Nov 23

- ❖ Chicken Tenders Plain or Buffalo Style
- Brown Rice & Gravy
- ♥♥♥
- Green Beans
- Fruits Galore!

Nov 24 & Nov 27

Happy Thanksgiving

Nov 28

- ❖ Chicken Quesadilla w/ Salsa & Sour Cream
- ❖ Stuffed Crust Pizza
- ♥♥♥
- Sweet Kernel Corn
- Fruits Galore!

Nov 29

- ❖ Beef & Bean Burrito w/ Salsa & Sour cream
- ❖ Taco Salad
- ♥♥♥
- Copper Pennies Salad
- Fruits Galore!

Nov 30

- ❖ Chicken Tenders Plain or Buffalo Style
- French Bread Stick & Sauce
- ♥♥♥
- Green Beans
- Fruits Galore!

Offered Everyday:

- ♥ Fresh Crunchy Carrots
- ♥ Vanilla Yogurt Parfait
- ♥ Chef Salad
- ♥ PBJ Sandwich
- ♥ Trix Yogurt Cups

Dec 1

Dec 2

December 2011

Lunch Menu

Fresh Baked
❖ Cheese Pizza or
❖ Pepperoni Pizza
♥♥♥
Romaine Salad Shaker
Fluffy Fruit Ambrosia
or
Fruits Galore!

❖ Chicken Patty on
a Whole Wheat bun or
w/ **Basil** Garlic Pasta
❖ Golden Fish Square
on a Whole Wheat Bun
♥♥♥
Fresh Mixed Veggies
Fruits Galore!

Dec 5

❖ Roast Turkey &
Gravy Over Mashed
Potato
w/ Cranberry scone
❖ Whole Grain
Stuffed Crust Pizza
♥♥♥
Fruits Galore!

Dec 6

❖ Baked Monterey
Jack & Bacon
Flatbread Sandwich
❖ Taco Salad
♥♥♥
Sweet Kernel Corn
Fruits Galore!

Dec 7

❖ Chicken Tenders
Plain or Buffalo Style
Warm Garlic Flat Bread
and Sauce
♥♥♥
Green Beans
Fruits Galore!

Dec 8

Fresh Baked
❖ Cheese Pizza
❖ White Pizza
w/ Broccoli & Garlic
♥♥♥
Romaine Salad Shaker
Fruited Jell-O or
Fruits Galore!

Dec 9

❖ Mixed Italian Sub
❖ Whole Wheat Rotini
& Meat Sauce
w/ Garlic French Bread
Stick
♥♥♥
Fresh Carrot Snackers
Fruits Galore

Dec 12

❖ Brunch for Lunch
Waffles & Sausage
w/ Syrup
❖ Stuffed Crust Pizza
♥♥♥
Crispy Hash Brown
Stick
Fruits Galore!

Dec 13

❖ Goopy Grilled Cheese
Sandwich on
Whole Wheat
*Taco Salad
♥♥♥
Very Vegetable Soup
Fruits Galore!

Dec 14

❖ Chicken Tenders
Plain or Buffalo Style
Brown Rice & Gravy
♥♥♥
Green Beans
Fruits Galore!

Dec 15

Fresh Baked
❖ Cheese Pizza or
❖ Pepperoni Pizza
♥♥♥
Romaine Salad Shaker
BKW Trail Mix or
Fruits Galore

Dec 16

❖ Chicken Caesar
Wrap
❖ Roasted Hot Dog
on a Whole Wheat Bun
♥♥♥
Boston Baked Beans
Fruits Galore!

Dec 19

❖ Teriyaki Chicken
w/ Fried Brown Rice
& Fortune Cookie
❖ Stuffed Crust Pizza
♥♥♥
Tender Green Peas
Fruits Galore!

Dec 20

❖ Egg Salad Sandwich
on Whole Wheat
❖ Taco Salad
♥♥♥
w/ Creamy Tomato
Soup
Fruits Galore!

Dec 21

❖ Chicken Tenders
Plain or Buffalo Style
Hot Soft Pretzel
♥♥♥
Green Beans
Fruits Galore!

Dec 22

Fresh Baked
❖ Cheese Pizza
❖ Buffalo Chicken
Pizza
♥♥♥
Romaine Salad Shaker
Fruited Jell-O or
Fruits Galore!

Dec 23

❖ Hamburger
❖ Cheeseburger or
❖ Deli Turkey Wrap
♥♥♥
Potato Tots
Fruits Galore
- **Happy Holiday
Cake**