



Mount Prospect Lunch Menu

November 2018

<p><u>Allergen Key</u></p> <p>G – Gluten E – Egg D – Dairy</p> <p>*Vegetarian Options*</p>			<p>1 Mini Pancakes * (GED) with Scrambled Eggs (E) or BBQ Black Beans Over WG Rice* Hash Brown Raisins</p>	<p>2 Pizza Sticks * (GD) with Marinara Sauce or Charro Beans over WG Rice* Fresh Cucumber Slices Mandarin Oranges</p>
<p>5 Mini Berry French Toast with Egg Patty*(GED) or Campfire Beans Over WG Rice* Tater Tots Apple Sauce</p>	<p>6 Sweet and Sour Chicken (G) or Charro Black Beans* Over Whole Grain Rice Fresh Red Pepper Strips Fresh Pear</p>	<p>7 ½ Day Teacher In -Service Day No Lunches Served</p>	<p>8 School Closed NJEA Convention</p>	<p>9 School Closed NJEA Convention</p>
<p>12 Egg Fried Rice (GE) with Vegetable Egg Roll* or Campfire Beans Over WG Rice* Fresh Baby Carrots Apricot Halves</p>	<p>13 ½ Day Parent Teacher Conferences No Lunches Served</p>	<p>14 ½ Day Parent Teacher Conferences No Lunches Served</p>	<p>15 ½ Day Parent Teacher Conferences No Lunches Served</p>	<p>16 ½ Day Parent Teacher Conferences No Lunches Served</p>
<p>19 French Toast Sticks (GED) with Scrambled Eggs* (E) or Campfire Beans Over WG Rice* Hash Brown Pineapple Tidbit</p>	<p>20 Ace Giveaway Day Cheese Ravioli * (GED) with Marinara Sauce or Charro Black Beans Over WG Rice* Mixed Roasted Vegetables Fresh Apple</p>	<p>21 ½ Day No Lunches Served</p>	<p>22 Happy Thanksgiving School Closed</p>	<p>23 Happy Thanksgiving School Closed</p>
<p>26 Mac and Cheese * (GD) with Corn Bread (GED) or Campfire Beans Over WG Rice* Coleslaw (D) Apricot Halves</p>	<p>27 Orange Popcorn Chicken (G) over Lo Mein Noodles (G) or Charro Black Beans Over WG Rice* Fresh Red Pepper Strips Diced Pears</p>	<p>28 Hebrew National All Beef Hot Dog on a Bun (G) or Kickin' Pinto Beans Over WG Rice* French Fries Fresh Apple</p>	<p>29 Mini Waffles* (GED) with Chicken Sausage or BBQ Black Beans Over WG Rice* Tater Tots Applesauce</p>	<p>30 Rotini Pasta* with Meat Sauce OR Marinara Sauce with Whole Grain Dinner Roll (GE) or Charro Beans Over WG Rice* Steamed Corn Fruit Cup</p>

More info...Meatless Mondays!!

Lunch Price \$2.60
Must purchase at least 1 fruit **or** 1 vegetable **and** 2 other food groups, otherwise, a la carte pricing applies. Qualifying lunches include milk, 4oz juice **or** 8 oz. water.

Daily Options... Hummus available Daily

Cheese or Pepperoni Pizza, Spicy or Plain Chicken Patty, Hamburger or Cheeseburger, and Veggie Burgers. Assorted Fresh Fruit and Vegetables.
For all lunch related information Visit:
<http://bernards schooldish.com>