



Try a Bite/ Harvest of the Month

This month we are featuring **Sweet Potatoes**. Look for them on the lunch menu throughout the month.

Somersworth Elementary Lunch Menu

Students: \$2.30

November 2016

Adults: \$3.50

	Tuesday 11/1 Under the Sea	Wednesday 11/2 Extra Cheesy	Thursday 11/3 Hot Diggity	Friday 11/4 Fresh Picks Pizza
	Fish Sticks Dinner Roll Potato Wedges Cucumber Slices Fresh Fruit	Lazy Lasagna Garlic Breadstick Mixed Greens Salad Peaches	Hot Dog on Whole Grain Bun Sweet Potato Fries Baked Beans Fresh Fruit	Cheese Pizza or Chef's Topping Celery Sticks Fresh Fruit
Monday 11/7 Meatless Monday	Tuesday 11/8 Brunch Time	Wednesday 11/9 Classic Pasta	Thursday 11/10 Dipping Madness	Friday 11/11
Nachos with Cheese Sauce Refried Beans Green Beans Fresh Fruit	Waffle Sticks Breakfast Ham Home Fries Applesauce	Spaghetti and Meat Sauce Garlic Bread Caesar Salad Fresh Fruit	Popcorn Chicken Dipping Sauces Maple Glazed Carrots Dinner Roll Pineapple	No School
Monday 11/14 Student Request	Tuesday 11/15 Tex-Mex Tuesday	Wednesday 11/6 Wednesday Warmer	Thursday 11/17 Holiday Dinner	Friday 11/18 Fresh Picks Pizza
Chicken Burger with Fixings Tater Tots Fresh Fruit	Chicken Fajita Fajita Fixings Seasoned Rice Black Bean and Corn Salad Pears	Penne Pasta with Meatballs Kale Caesar Salad Fresh Fruit	Roast Turkey with Gravy Mashed Sweet Potatoes Green Beans Apple Crisp	Cheese Pizza or Chef's Topping Cucumber Wedges Fresh Fruit
Monday 11/21 Meatless Monday	Tuesday 11/22 South of the Border	Wednesday 11/23 Mom's Special	Thursday 11/24	Friday 11/25
Bosco Sticks NEW ITEM! Marinara Sauce Tomato & Cucumber Salad Orange Wedges	Texas Chili Whole Grain Biscuit Garden Salad Fresh Fruit	No School	Thanksgiving	No School
Monday 11/28 Student Request	Tuesday 11/29 Taco Tuesday	Wednesday 11/30 Italian Classic		
Cheeseburger with Fixings Roasted Sweet Potatoes Fresh Fruit	Soft Taco with Fixings Seasoned Rice Garden Peas Cinnamon Apples	Chicken Parmesan Pasta w Marinara Caesar Salad Fresh Fruit		

Healthy Side Bar

All entrees offer a variety of nutritious fruits, legumes and vegetables to complement your meal. All meals served with farm fresh milk.

Deli

Fresh Made Deli Sandwiches and Deli Selections

Made on or served with whole wheat breads and offered with two nutritious sides and farm fresh milk.

Mon: Café Kids Plate
Tues: Ham & Cheese
Wed: Egg Salad
Thurs: Fruit & Yogurt Parfait
Fri: Turkey & Cheese

Sunbutter & Jelly Available Daily

Market Fresh

A Specialty Entrée Salad
Made fresh daily and offered with whole wheat bread, fruit and farm fresh milk

Mon: Three Cheese Salad
Tues: Chicken Caesar
Wed: Ham & Cheese Chef
Thurs: Bacon & Cheese
Fri: Ranch Chicken

Garden Chef Salad Available Daily

Pizza

Friday is Pizza Day!
Whole wheat pizza dough topped with low fat pizza cheese, served with two nutritious sides and milk

Questions or Comments Please
Contact Your
Food Service Director,

Beth Bickford @ 692-3037



Fresh Picks Cafe is a division of Café Services™

Café Services is a proud
proponent of the Farm-to-School
Initiative.
We Buy Local First.

USDA is an equal opportunity
provider.