



Parker Junior High November 2018 6-8 Lunch Smart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Salad Special: Crispy Chicken Salad with Breadstick* ----- Spotlight Fruit of the Week: Grapes				November 1 Spaghetti* with Turkey Meatballs & Marinara Broccoli Florets Applesauce	November 2 Pepperoni Calzone* with Marinara Dipping Sauce Baby Carrots Pears
Weekly Salad Special: Chef Salad with Breadstick* ----- Spotlight Fruit of the Week: Bananas	November 5 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Florets Peaches	November 6 Chicken Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Mixed Fruit	November 7 Chicken Corn Dog* Corn Kettle-Baked Beans Pineapple	November 8 KC BBQ Beef Sandwich* Homemade Cole Slaw Oven-Baked Potato Wedges Applesauce 	November 9 Lasagna Roll-Up* & Garlic Bread* Capri Blend Veggies Pears
Weekly Salad Special: Apple-Cranberry Chicken Salad with Pretzels* & Roll* ----- Spotlight Fruit of the Week: Fresh Pears	November 12 NO SCHOOL VETERANS DAY	November 13 Oven-"Fried" Chicken Drumstick* & Breadstick* Corn Peaches	November 14 Bosco Stick* with Marinara Dipping Sauce Green Beans Pineapple	November 15 Sliced Turkey with Mashed Potatoes, Gravy & Cranberry Sauce Green Beans Mini Cornbread Loaf* Applesauce <i>Special Lunch</i>	November 16 Super Nachos* with Refried Beans & Salsa Broccoli Florets Pears
Weekly Salad Special: Southwest Salad with Chips* & Salsa ----- Spotlight Fruit of the Week: Grapes	November 19 NO SCHOOL	November 20 NO SCHOOL	November 21 NO SCHOOL	November 22  <i>Happy Thanksgiving!</i>	November 23
Weekly Salad Special: Chef Salad with Breadstick* ----- Spotlight Fruit of the Week: Bananas	November 26 BBQ Chicken Sandwich on a Bun Parsley Redskin Potatoes Snickerdoodle Cookie* Peaches	November 27 Chicken & Penne Pasta* with Homemade Alfredo Sauce & Garlic Bread* Capri Blend Veggies Mixed Fruit	November 28 Chipotle Chicken Wrap* Black Beans Broccoli Florets Pineapple	November 29 Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Baby Carrots Applesauce	November 30 Toasted Cheese Sandwich* with Tomato Soup & Cheddar Goldfish Crackers* California Blend Veggies Pears



Available Each Day: Rainbow Variety Bar, Entrée Salads, Fresh Fruit, Sunbutter & Jelly Sandwich* with Yogurt Cup, Milk (1% & Skim White Plus Fat-Free Chocolate)

Freshly Prepared Additional Entrées Offered Daily

All-American Cheeseburger* / Classic Hamburger* / Spicy Chicken Sandwich* / Grilled Chicken Breast Sandwich* / Pizza* (Big Daddy's extra cheesy Monday-Friday/ Buffalo chicken on Mondays, Wednesdays & Fridays / 4-meat on Tuesdays & Thursdays)

Fresh Deli Sandwiches Served Every Day on a Rotating Basis

Turkey & Cheese* / Roast Beef & Cheddar* / Turkey Ham & Cheese* / Sedona Turkey Sub* Tuna Salad* served on a rotational basis

*=Item contains whole grains / ^=Item contains pork / L=Locally sourced / Milk served with lunch contains no artificial growth hormones or antibiotics / Menu is subject to change based on availability and quality of food items

Eating the Rainbow

Scientists say you should eat a plateful of color every day. Consuming a variety of colorful fruits and vegetables helps you stay healthy. An easy way to achieve this goal is to put fruits and vegetables into five color groups: red, orange / yellow, green, blue / purple, and white / brown / tan. Each color category makes a unique contribution to maintaining health and lowering the risk of developing chronic diseases.



In November, we roll into **Kansas City** as we continue our **Culinary Explorations** journey. Even though Kansas City is not directly on Route 66, it is close enough that we can stop for a taste of the city's world famous barbecue. Did you know that UNESCO named Kansas City as a "Creative City of Music," partly because of its jazz heritage? It is the only city in the United States with that designation.

