



Nyack Elementary Lunch Menu

November 2018

More info...

Choice of 1% White Milk or Skim Milk served daily.

Fat Free Chocolate Milk available Tuesday and Thursday

All Milk is Hormone and Antibiotic Free.

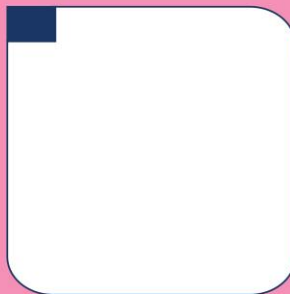
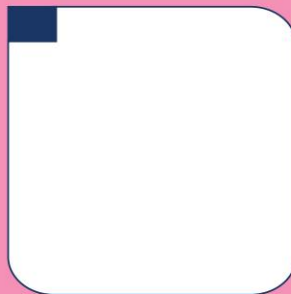
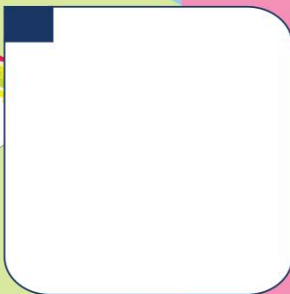
Manage your student's account at:
www.mypaymentsplus.com

More info...

All Breads and Rolls as well as breaded products offered are Whole Grain.

Alternative Meal of String Cheese, Whole Grain Bagel, and Yogurt Cup offered daily.

Student Lunch Price \$2.35



1 Philly Cheesesteak
 Chicken Tenders with Dinner Roll
 Vegetarian Beans
 Baby Carrots
 Applesauce, Cantaloupe

2 Grilled Ham & Cheese Sandwich
 Cheese Pizza
 Broccoli
 Sliced Cucumbers
 Apricots, Sliced Apples

5 Beef Soft Tacos
 Chicken Nuggets with Dinner Roll
 Grape Tomatoes
 Celery Sticks
 Fresh Orange, Fruit Cocktail

6 Superintendent's Conference Day
 No Classes for Students

7 Pizza Sticks w/ Marinara Sauce
 Turkey Hot Dog
 Sweet Potato Fries
 Zucchini
 Diced Peaches, Banana

8 Grilled Cheese with Bacon
 Chicken Tenders with Dinner Roll
 Vegetarian Beans
 Celery Sticks
 Applesauce, Cantaloupe

9 Sloppy Joe Melt
 Cheese Pizza
 Broccoli
 Sliced Carrots
 Apricots, Sliced Apples

12 No School Veterans Day


13 Chicken Parmesan with Spaghetti
 Cheeseburger
 Green Beans
 Red Pepper Strips
 Fresh Apple, Diced Pears

14 Meatball Sub
 Turkey Hot Dog
 Glazed Carrots, Zucchini
 Diced Peaches, Banana

15 Mozzarella Sticks w/ Marinara Sauce
 Chicken Tenders with Dinner Roll
 Vegetarian Beans
 Celery Sticks
 Applesauce, Cantaloupe

16 BBQ Pork Rib Sandwich
 Cheese Pizza
 Broccoli, Baby Carrots
 Apricots, Sliced Apples

19 Fish Bites
 Chicken Nuggets with Dinner Roll
 Golden Corn, Tater Tots
 Fresh Orange, Fruit Cocktail

20 Popcorn Chicken Bowl
 Cheeseburger
 Cauliflower
 Sliced Cucumbers
 Fresh Apple, Diced Pears

21 ½ Day of School

22 Happy Thanksgiving


23 No School

26 Beef Nachos
 Chicken Nuggets with Dinner Roll
 Golden Corn, Baby Carrots
 Fresh Orange, Fruit Cocktail

27 Cheesy Baked Penne
 Cheeseburger
 Green Beans
 Red Pepper Strips
 Fresh Apple, Diced Pears

28 Cheese Quesadillas
 Turkey Hot Dog
 Sweet Potato Tots
 Zucchini
 Diced Peaches, Banana

29 Mozzarella Sticks w/ Marinara Sauce
 Chicken Tenders with Dinner Roll
 Vegetarian Beans
 Celery Sticks
 Applesauce, Cantaloupe

30 Fish Filet Sandwich
 Cheese Pizza
 Sliced Cucumbers
 Sliced Carrots
 Apricots, Sliced Apples



This institution is an equal opportunity provider.