

NOVEMBER 2009

Marblehead Public Schools (Elementary Schools)						Kitchen Notes:
Monday	Tuesday	Wednesday	Thursday	Friday		
2 Wh. grain Fr. Toast sticks w/warm cinn. applesauce Potato puffs Orange wedges <i>TURKEY</i>	3 Roasted turkey w/gravy and rice Green beans Applesauce <i>VEGETARIAN</i>	4 Baked whole wheat rotini w/mozzarella and marinara Salad Apricots <i>ROAST BEEF</i>	5 STUDENT'S CHOICE Popcorn chicken Potato puffs Corn Cookie <i>HAM & CHEESE</i>	6 Cheese pizza <i>TUNA</i>	Lunch Prices: K-3 \$2.50 4-6 \$3.00 7-12 \$3.25 Adults \$3.50 Weekly, bi-weekly & monthly lunch tickets are pay-as-you go and DO NOT have expiration dates. They are valid for the number of lunches purchased, not a time frame.	
9 Fish Sticks Dinner roll Mashed potatoes Peaches <i>TURKEY</i>	10 BBQ pork riblet Corn Rice pilaf <i>VEGETARIAN</i>	11 Veterans Day SCHOOL CLOSED	12 Cheeseburger on wheat* Green beans Orange <i>HAM & CHEESE</i>	13 Cheese pizza <i>TUNA</i>		
16 Ham & cheese croissant Carrots Granny Smith apple <i>TURKEY</i>	17 Beef and cheese quesadilla w/rice Corn Applesauce <i>VEGETARIAN</i>	18 Whole grain spaghetti w/meatballs and marinara Garlic Mozzarella bread Salad <i>ROAST BEEF</i>	19 Chicken patty on wheat Applesauce Peas <i>HAM & CHEESE</i>	20 Cheese pizza <i>TUNA</i>		
23 Bacon & egg baked omelet w/cheese & potatoes Rice Diced pears <i>TURKEY</i>	24 Chicken taco pie w/lettuce, tomato, rice, chd cheese, lf sour cream Apricot cobbler <i>VEGETARIAN</i>	25 Baked macaroni & cheese Salad Cherry/blueberry cobbler <i>ROAST BEEF</i>	26 Thanksgiving SCHOOL CLOSED	27 SCHOOL CLOSED		
30 STAFF'S CHOICE Meatball sub on wheat roll Sweet potato fries Pear <i>TURKEY</i>						

Skim and 1% milk offered daily
 Pizza lunch includes side salad and fruit
 Sandwich lunch of the day is listed in ITALICS and includes veggies and fruit
 Salad lunch is a small chef's salad lunch and includes fruit
 Peanut butter and jelly sandwich lunch includes cheese stick, veggies and fruit