

Algonquin November 2019

This Institution is an Equal Opportunity Employer

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Quick and Easy On-Line Prepayment-MySchoolBucks-Info Visit www.nsboro.k12.ma.us</p>	<p>Veggie or a fruit must be served with each lunch. *Rolls and Cheese sticks available* No charging</p>	<p>MILK Choices: Fat free/Skim, 1% or Fat Free Chocolate ALL MENU'S SUBJECT TO CHANGE</p>	<p>Food Allergies Please ensure your child's school nurse and Cafeteria manager are aware of any food allergies.</p>	<p>1 BBQ Burger Beef, Cheese or Veggie Steamed Corn or Carrot Coins Fruit</p>
<p>4 Chicken Nuggets French Fries Steamed Carrots or Carrot Coins ww Roll, Fruit</p>	<p>5 Professional Development No School</p>	<p>6 Pasta Meat Sauce or Plain Sauce Steamed Green Beans or Carrot Coins Garlic Bread Fruit</p>	<p>7 Chicken Fajita or Veggie Fajita Spanish Rice Steamed Spinach or Carrot Coins Fruit</p>	<p>8 Panini Turkey & Cheese or Veggie 3 Bean Salad Mixed Vegetable or Carrot Coins, Fruit</p>
<p>11 Veterans Day</p>	<p>12 Beef Burrito or Veggie Burrito Refried Beans or Steamed Peas, Carrot Coins Fruit, Ginger Bread</p>	<p>13 Pasta Bar Plain Sauce, Meat Sauce or Pesto Steamed Green Beans Garlic Bread, Fruit</p>	<p>14 Pork Not Fried Rice or Veggie Not Fried Rice Steamed Broccoli or Carrot Coins Egg Roll, Fruit</p>	<p>15 Grilled Cheese Homemade Tomato Soup Steamed Carrots Carrot Coins Fruit</p>
<p>18 Chicken Nuggets Tater Tots Steamed Mixed Vegetable or Carrot Coins ww Roll, Fruit</p>	<p>19 Gen Tso Chicken Rice Pilaf Steamed Broccoli Carrot Coins Fruit</p>	<p>20 Pasta Meat Sauce or Plain Sauce Steamed Green Beans or Carrot Coins Garlic Bread, Fruit</p>	<p>21 Breakfast for lunch Sausage, egg & cheese on a biscuit Hash Brown, Apple Sauce Corn, Carrot coins, Fruit</p>	<p>22 Burgers: Beef, Cheese or Veggie Baked Beans Steamed Carrots, Carrot Coins, Fruit</p>
<p>25 Chicken Nuggets Tater Tots Steamed Green Beans or Carrot Coins ww Roll, Fruit</p>	<p>26 Taco Pasta or Veggie Taco Pasta Mixed Vegetable or Carrot Coins Buttered Roll, Fruit</p>	<p>27 Early Release No Lunch Served</p>	<p>28 Thanksgiving Day</p>	<p>29 Thanksgiving Recess</p>

#2 Option

"Grab 'N Go!"

*Pre-wrapped Sandwiches

Vegetarian, Meat & PB&J

Sandwiches

*Pizza du Jour

*Salads

Chef, Greek, Garden, & Teriyaki Chicken
Chicken Caesar

Soup Du Jour

#3 Option

Hot Sandwiches

Tues- Chicken or Veggie

Thurs- Spicy

Chicken or

Veggie

Fri-Mozzarella

Stick

#4 Option

"Made-To-Order Deli"

Options:

Ham, Bologna, Salami, Turkey, Tuna-Thursday
Egg Salad – Fri
Choice of Bread
Sandwich, Sub or Wrap