

Monday

Tuesday

Wednesday

Thursday

Friday

USDA is an equal opportunity provider and employer



- 5**
1. Bosco Cheese Sticks
Steamed Green Beans
Chilled Fruit
 2. Fruit & Yogurt Meal
 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

- 6**
1. Domino's Pepperoni Pizza
Steamed Corn
 2. Sunbutter Sandwich Meal
 3. Chef Salad Meal
Fruit & Veggie Bar

- 7**
1. Mini Cinnis Sausage, Hash Browns
Chilled Fruit
 2. Fruit & Yogurt Meal
 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

- 1**
1. Chili w/ Saltines
Cinnamon Roll
Chilled Fruit
 2. Sunbutter Cup Meal
 3. Chef Salad Meal
Fruit & Veggie Bar

- 2**
1. Chicken Fried Steak
Mashed Potatoes with
Country Gravy, Chilled Fruit
 2. Fruit & Yogurt Meal
 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

- 8**
1. Chicken Nuggets
Mashed Potatoes & Gravy
Chex Mix, Chilled Fruit
 2. Sunbutter Cup Grab & Go
 3. Chef Salad Meal
Fruit & Vegetable Bar

- 9**
1. Cheeseburger on Bun
Potato Wedges
Sorbet Fruit Cup
 2. Fruit & Yogurt Meal
 3. Chicken Strip Salad Meal
Fruit & Veggie Bar

12

No School

- 13**
- Palmer Lake Holiday Meal
1. Mini Corn Dogs
Baked Sweet Potato Fries
Frozen Fruit Sorbet
 2. Sunbutter Sandwich Meal
 3. Chef Salad Meal
Fruit & Veggie Bar

- 14**
- Lewis-Palmer Holiday Meal
1. Dominos Cheese Pizza
Steamed Broccoli
Canned Fruit
 2. Yogurt Grab & Go Meal
 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

- 15**
- Prairie Winds Holiday Meal
1. Popcorn Chicken
Steamed Broccoli
Chilled Applesauce
 2. Sunbutter Cup Grab & Go
 3. Chef Salad Meal
Fruit & Vegetable Bar

- 16**
- Bear Creek Holiday Meal
1. Tomato Soup
Grilled Cheese Sandwich
Sorbet Cup
 2. Fruit & Yogurt Meal
 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

19

Holiday Break

20

Holiday Break

21

Holiday Break

22

Holiday Break

23

Holiday Break

- 26**
1. Domino's Pepperoni Pizza,
Steamed Carrots
 2. Fruit & Yogurt Meal
 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

- 27**
1. Teriyaki Chicken
Brown Rice
Steamed Broccoli, Fruit
Mini Chocolate Oatmeal Bar
 2. Sunbutter Sandwich Meal
 3. Chef Salad Meal
Fruit & Veggie Bar

- 28**
1. Hot Dog on a Bun
Sweet Potato Fries
Chilled Fruit
 2. Fruit & Yogurt Meal
 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

- 29**
1. Chicken Tenders
Mashed Potatoes & Gravy
Applesauce, Chex Mix
 2. Sunbutter Cup Grab & Go
 3. Chef Salad Meal
Fruit & Vegetable Bar

- 30**
1. Macaroni & Cheese
Mixed Vegetables
Fruit Sorbet Cup
 2. Fruit & Yogurt Meal
 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

Include sweet potatoes for your holiday as they are:
one of the oldest vegetables known to man
high in vitamin A, good sources of vitamin C, copper, dietary fiber,
potassium, iron and vitamin B6, and they are very tasty

Meals Prices: K-6th grade: \$2.90
Milk: \$.60



NOVEMBER 2018

Lewis Palmer Elementary School Menu

Breakfast: \$1.75
 Reduced: \$.00
 Free: \$.00

Monday

Tuesday

Wednesday

Thursday

Friday



5
 Assorted Cereal
 Oatmeal Bar
 Fresh, Canned, or Dried Fruit or Carrot Sticks
 Fruit Juice
 Assorted Milk

6
 Banana Bread
 Fresh, Canned, or Dried Fruit or Carrot Sticks
 Fruit Juice
 Assorted Milk

7
 Assorted Cereal
 Oatmeal Bar
 Fresh, Canned, or Dried Fruit or Carrot Sticks
 Fruit Juice
 Assorted Milk

8
 Assorted Muffins
 Fresh, Canned, or Dried Fruit or Carrot Sticks
 Fruit Juice
 Assorted Milk

9
 Whole Wheat Donut Wheels
 Fresh, Canned, or Dried Fruit or Carrot Sticks
 Fruit Juice
 Assorted Milk

12
 Assorted Cereal
 Oatmeal Bar
 Fresh, Canned, or Dried Fruit or Carrot Sticks
 Fruit Juice
 Assorted Milk

13
 Banana Bread
 Fresh, Canned, or Dried Fruit or Carrot Sticks
 Fruit Juice
 Assorted Milk

14
 Assorted Cereal
 Oatmeal Bar
 Fresh, Canned, or Dried Fruit or Carrot Sticks
 Fruit Juice
 Assorted Milk

15
 Assorted Muffins
 Fresh, Canned, or Dried Fruit or Carrot Sticks
 Fruit Juice
 Assorted Milk

16
 Whole Wheat Donut Wheels
 Fresh, Canned, or Dried Fruit or Carrot Sticks
 Fruit Juice
 Assorted Milk

19
 Holiday Break

20
 Holiday Break

21
 Holiday Break

22
 Holiday Break

23
 Holiday Break

26
 Assorted Cereal
 Oatmeal Bar
 Fresh, Canned, or Dried Fruit or Carrot Sticks
 Fruit Juice
 Assorted Milk

27
 Banana Bread
 Fresh, Canned, or Dried Fruit or Carrot Sticks
 Fruit Juice
 Assorted Milk

28
 Assorted Cereal
 Oatmeal Bar
 Fresh, Canned, or Dried Fruit or Carrot Sticks
 Fruit Juice
 Assorted Milk

29
 Assorted Muffins
 Fresh, Canned, or Dried Fruit or Carrot Sticks
 Fruit Juice
 Assorted Milk

30
 Whole Wheat Donut Wheels
 Fresh, Canned, or Dried Fruit or Carrot Sticks
 Fruit Juice
 Assorted Milk

School Information Breakfast is served at Bear Creek, Palmer Lake and Lewis-Palmer Elementary Schools & both high schools