

# Sioux Valley School District

## November 2018 Elementary Lunch Menu

### Monday

Be a Food Label Detective:  
Make Sure to Choose Whole Grain



Look for "100% Whole Grain or Wheat" on packages of food like bread, cereal, and pasta.

### Tuesday



### Wednesday

\*Please\*  
remember to take  
at least  
½ cup fruit & or  
veggies for a well  
balance meal

### Thursday

A. Nachos Grande  
B. Hot Ham & Swiss on Bun  
C. Yogurt & Uncrustable®

Corn

### Friday

A. Goulash w/Dinner Roll  
B. Crispy Chicken Sandwich  
C. Italian Sub

Green Beans

5  
A. Eggs w/ French Toast  
B. Mini Corn Dogs  
C. Turkey & Cheese Sub

Tater Tots

6  
A. Italian Dunkers  
B. BBQ Meatball Sub  
C. Ham & Cheese Sub

Green Beans

7  
A. Sloppy Joe on Bun  
B. Fajita Chicken Wrap  
C. Cold Cut Sub

Baked Fries

8  
A. Tater Tot Hotdish w/Roll  
B. Stuffed Crust Cheese Pizza  
C. Yogurt & Uncrustable®

Green Peas

9  
A. Doritos Walking Taco  
B. Chili Cheese Burrito  
C. Italian Sub

Corn

12  
A. Chicken Nuggets  
B. Corn Dog  
C. Turkey & Cheese Sub

Broccoli

13  
A. Spaghetti w/Meat Sauce  
w/Garlic Toast  
B. Crispy Chicken Sandwich  
C. Ham & Cheese Sub

Corn

14  
A. Pulled Pork Sandwich  
B. Cheese Pizza Calzone  
C. Cold Cut Sub

Coleslaw

15  
A. Roasted Turkey w/ Roll  
B. Stuffed Crust Pizza  
C. Yogurt & Uncrustable®  
Fresh Baked Cookie  
Green Beans  
Mashed Potatoes w/ Gravy

16  
A. Beef Soft Shell Tacos  
B. Cheeseburger  
C. Italian Sub

Tater Tots

19  
A. Grilled Cheese Sandwich  
B. Pork Rib Sandwich  
C. Turkey & Cheese Sub

Baked Fries

20  
A. Cheeseburger Mac  
B. Chicken Nuggets  
C. Chef Salad

Cookie  
Carrots

No School

Happy  
Thanksgiving!



No School

26  
A. Chicken Drumstick  
w/Dinner Roll  
B. Pulled Pork Sandwich  
C. Turkey & Cheese Sub

Mashed Potatoes w/Gravy

27  
A. Beef & Cheese Burrito  
B. Crispy Chicken Sandwich  
C. Ham & Cheese Sub

Corn

28  
A. Cheese Ravioli  
w/Garlic Bread  
B. Corn Dog  
C. Cold Cut Sub

Broccoli

29  
A. Tangerine Chicken w/Rice  
B. Cheese Pizza Calzone  
C. Yogurt & Uncrustable®

Stir Fry Veggies

30  
A. Chili w/ Corn Chips  
B. Chicken Sticks  
C. Italian Sub

Cinnamon Roll  
Carrots

### Daily Lunch Menu Includes

- Choice of A, B or C Entrées
- Unlimited Fresh Field Bar
- Milk Choice: Strawberry Skim, Chocolate Skim and 1% White

### Meal Prices

Student Lunch K-5: \$2.70  
Reduced Lunch: \$.40  
Adult Lunch: \$3.65  
Extra Entrée: \$1.80  
Extra Milk: \$.50

### Fill Up & Fuel Up Unlimited Fresh Field Bar

Vegetables on the menu and on the fruit & vegetable bar meet or exceed all vegetable subgroup weekly requirements

