




# NOVEMBER 2015

## Randolph Central School Corporation Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Gr. Chicken Sand.w/ Bacon Chef Salad California Blend Green Beans Pears Applesauce Milk	<b>3</b> Chili w/ Crackers Chef Salad Buttered Peas Tossed Salad Pineapple Peaches Milk	<b>4</b> Hot Dog Sand. Chef Salad Red Pepper Strips Celery Sticks w/ Dip Kiwi Apricots Milk	<b>5</b> Country Fried St. w/ Gravy Chef Salad Mashed Potatoes Baked Beans Jell-o Fruit Fruit Cocktail Milk	<b>6</b> Cook's Choice Main Dish Chef Salad Cook's Choice Vegetables Cook's Choice Fruit Milk  Cookie
<b>9</b> White Castle Sand. Chef Salad Fries Cottage Cheese Peaches Fresh Apple w/ Dip Milk	<b>10</b> Spaghetti w/ Garlic Bread Chef Salad Corn Baked Beans Applesauce Grapes Milk	<b>11</b> Breaded Chicken Sand. Chef Salad Corn Baked Chips Carrots w/ Dip Fresh Orange Variety of Juice Milk	<b>12</b> Chicken Nuggets w/ Bread Chef Salad Sweet Potato Fries Broccoli w/ Cheese Banana Pears Milk	<b>13</b> Cook's Choice Main Dish Chef Salad Cook's Choice Vegetable Cook's Choice Fruit Milk  Ice Cream
<b>16</b> B.B.Q Chicken Sand. Chef Salad Refried Beans w/ Cheese Green Beans Pineapple Bits Fresh Orange Milk	<b>17</b> Nachos w/ Meat & Cheese Buttery Cooked Carrots Green Pepper Strips w/ Dip Mixed Fruit Peaches Citrus Mix Milk	<b>18</b> Mini Corn Dogs Chef Salad Baked Chips Side Salad Strawberries Cant./HoneyDew Milk	<b>19</b> Biscuit w/ Gravy & Sausage Patty Hashbrown Corn Variety of Juice Fresh Orange Milk	<b>20</b> Cook's Choice Main Dish Chef Salad Cook's Choice Vegetable Cook's Choice Fruit Milk  Brownie
<b>23</b> Tenderloin Sand. Chef Salad Succotash Celery w/ Dip Fresh Apples w/ Dip Applesauce Milk	<b>24</b> Sliced Turkey w/ Gravy Chef Salad Corn Stuffing Mashed Potatoes Variety of Juice Pears Milk  Mini Pie	<b>25</b> No School  	<b>26</b> No School Gobble till ya  WORBLE! Happy Thanksgiving! Just wishing all of you who follow this blog the best of holidays!	<b>27</b> No School  
<b>30</b> Fish Patty Sand. No Chef Salads Cook's Choice Vegetable Cook's Choice Fruit Milk		All menus are subject to change without notice. Thank You!	<b>Top Tips To Promote Healthy Childhood Eating:</b> Have regular family meals. Cook more meals at home. Get kids involved Make a variety of healthy snacks available instead of empty calorie snacks. Limit portion sizes.	People who practice good nutrition, hygiene and exercise patterns develop a lifetime of habits that will keep them healthy for years. Especially when they are older! ~www.drpboddy.com

### Breakfast

**Monday:** Pancakes, Sausage, Juice, Milk

**Tuesday:** Breakfast Pizza, Fruit, Juice, Milk

**Wednesday:** Biscuit w/ Gravy, Sausage, Juice, Milk

**Thursday:** French Toast, Sausage, Juice, Milk

**Friday:** Cook's Choice, Sausage, Juice, Milk

We will offer cold cereal each day at breakfast as a second choice for the main dish. Sausage, Fruit & Milk will also be served with this option.

You can always apply on line to add money to your child's lunch account. Go to the Randolph Central School web site and click on community tab then scroll to meals plus lunch pre pay.