



2009

November

Comfort Elementary Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <u>English Muffin</u> BBQ Rib Sandwich Hamburger Cobb Salad Corn, Green Beans Fresh Fruit & Veggie Bar	3 <u>Banana Muffin</u> Spaghetti Chicken Chef Salad Peas, Broccoli, Apple Crisp Fresh Fruit & Veggie Bar	4 <u>Eggs & Toast</u> Chicken Burger Corndog Caesar Salad, Spanish Rice, Mixed Veggies, Fresh Fruit & Veggie Bar	5 <u>Cinnamon Sticks</u> Cheese Pizza Fish Nuggets Chef Salad Tater Starz, Steamed Carrots Fresh Fruit & Veggie Bar	6 <u>Waffle</u> Chicken Nuggets Ham Chef Salad French Fries Broccoli, Animal Crackers Fresh Fruit & Veggie Bar
9 <u>Cheese Omelet</u> BBQ Chicken Hamburger Cobb Salad Baked Beans, Peas & Carrots Fresh Fruit & Veggie Bar	10 <u>Bagel Bar</u> Chili Mac n Cheese Corndog Chicken Chef Salad Corn, Mixed Veggies	11 <u>Egg Taco</u> Crispy Beef Tacos Chicken Burger Caesar Salad Steamed Rice, Mixed Veggies, Fresh Fruit & Veggie Bar	12 <u>Blueberry Muffin</u> Baked Potato w/ broccoli & Cheese Cheese Pizza Egg Chef Salad Peas, Mixed Veggies Fresh Fruit & Veggie Bar	13 <u>French Toast Sticks</u> Sloppy Joe Chicken Nuggets Ham Chef Salad Tater Starz, Vegetable Blend Fresh Fruit & Veggie Bar
16 <u>Eggs & Toast</u> Chicken Teriyaki Hamburger Cobb Salad Steamed Rice, Japanese veggie blend Fresh Fruit & Veggie Bar	17 <u>Apple Cinnamon Muffin</u> Baked Mac & Cheese Corndog Chicken Chef Salad Mixed Veggies, Spinach Fresh Fruit & Veggie Bar	18 <u>Egg Bagel</u> Beef & Cheese Nachos Chicken Burger Caesar Salad Peas & Carrots, Green Beans	19 <u>String Cheese</u> Cheese Pizza Fish Nuggets Chef Salad Tater Starz, Steamed Carrots Fresh Fruit & Veggie Bar	20 <u>Taco Omelet</u> BBQ Rib Sandwich Chicken Nuggets Ham Chef Salad Green Peas, Green Beans, Fresh Fruit & Veggie Bar
23 <u>Taco Omelet</u> Sweet & Sour Chicken Hamburger Cobb Salad White Rice, Spinach Fresh Fruit & Veggie Bar	24 <u>Waffles</u> Chili Mac n Cheese Corndog Chicken Chef Salad Corn, Mixed Veggies Fresh Fruit & Veggie Bar	25 Happy Thanksgiving		
30 <u>Eggs & Toast</u> Burrito Chicken Burger Caesar Salad Refried Beans, Fajita Veggies Fresh Fruit & Veggie Bar	<div style="border: 2px solid blue; padding: 10px;"> <p>Price's for meals are as follows: Elementary Breakfast \$1.25 Lunch \$1.85 Middle and High School Breakfast \$1.25 Lunch \$ 1.85 Reduced Breakfast \$.30 and Lunch \$.40 ala carte, extra sides and snacks items are available for purchase</p> </div>			

More Info...

A Variety of Milk and Fresh Fruits are served Daily.

Breakfast Entrée listed above each daily lunch menu.

Juice, fruit & milk variety's offered daily with breakfast.

Join us each morning for a Healthy Start to your day!

Menus are subject to change without notice.