



PORTSMOUTH ELEMENTARY SCHOOL MENU NOVEMBER 2009

Visit us on www.cityofportsmouth.com/school

Choice 3 available daily-sandwich or yogurt/cheese tray with sunflower seeds or another option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY														
2 (1) Chicken Fingers/ Roll (2) Tuna Salad Sub Potato wedges Carrot Sticks Chocolate Pudding	3 Election Day (1) Mozzarella Sticks w/dipping sauce (2) Cheese Pizza Garden Salad w/ low fat dressing Assorted Fruit	4 (1) Rotini w/meat sauce/Garlic bread (2) Hamburger or Cheeseburger/Bun Veggie sticks/dip Green Beans Fruit Bowl w/ Peaches	5 (1) Cheese Pizza Wedges (2) Fun Fish/Roll Buttered noodles Garden Salad w/low fat dressing Fruit Bowl	6 (1) Pancakes/sausage links/syrup (2) Egg Mc Clipper Potato wedges Orange wedges Chunky applesauce														
9 (1) Chicken Nuggets /Roll (2) Ham & Cheese wrap Buttered rotini Sliced Carrots Fresh Fruit	10 (1) Soft Beef Taco/salsa (2) Cheese Pizza Seasoned rice Caribbean corn Assorted fruit	11 VETERAN'S DAY NO SCHOOL 	12 (1) Galaxy Pizza (2) Tuna Salad/Roll Fun size chips Cucumber Sticks & Broccoli/Dip Pineapple Tidbits	13 (1) Chicken Burger/Bun (1) Steak-ums/Bun Sweet Potato Fries Three Bean salad Peaches Fruit Cup														
16 (1) Chicken Wing Ding (2) Rib-B-Q/Bun Oven Fries Mixed vegetables Assorted Fresh Fruit	17 Thanksgiving Dinner (1) Turkey Shortcake (on a biscuit) /cranberry sauce (2) Cheese Pizza Mashed Potatoes/ gravy Glazed Carrots Sherbet cup	18 Delayed Start (1) French Toast Sticks (2) Bagel/cream cheese Ham sticks Potato wedges Citrus wedges Applesauce	19 (1) Pepperoni or cheese pizza (2) Ham & Cheese Wrap Try-It-root veggies Buttered Noodles Veggie Sticks Mandarin Oranges	20 (1) Hot Dog/Bun (2) Sloppy Joes/Bun Baked Beans Whole Kernel Corn Blueberry parfait														
23 (1) Chicken Burger w/Bun (2) Ham & Cheese wrap Potato wedges Mixed Veggies Fresh fruit	24 (1) Homemade Pizza (2) Tuna Salad Sandwich Fun Chips Green Salad Assorted Fruit	25 ERD Grab n Go Lunch Assorted Sandwiches Veggies & Fruit Pretzels & Juice Fruit Snacks or Cookie	26  HAPPY THANKSGIVING DAY	27 THANKSGIVING RECESS 														
School Nutrition Contacts Jodi Kenny Dondero School 431-5065 Paula McCarthy Little Harbour School 431-4831 Joanne Curtis New Franklin School 436-8133	...And Justice for All This facility is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, disability or national origin MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	MEAL PRICES FOR 2009- 2010 MILK \$.40 BREAKFAST <table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">Daily</td> <td style="text-align: center;">Weekly</td> </tr> <tr> <td>Paid</td> <td style="text-align: center;">\$1.25</td> <td style="text-align: center;">\$6.25</td> </tr> <tr> <td>Reduced</td> <td style="text-align: center;">.30</td> <td style="text-align: center;">1.50</td> </tr> </table> LUNCH <table style="margin-left: auto; margin-right: auto;"> <tr> <td>Paid</td> <td style="text-align: center;">\$2.25</td> <td style="text-align: center;">\$11.25</td> </tr> <tr> <td>Reduced</td> <td style="text-align: center;">.40</td> <td style="text-align: center;">2.00</td> </tr> </table>		Daily	Weekly	Paid	\$1.25	\$6.25	Reduced	.30	1.50	Paid	\$2.25	\$11.25	Reduced	.40	2.00	AVAILABLE DAILY FOR BREAKFAST Daily Entrées: Cereal and Toast, Yogurt and Toast, or Entrée Specials: (One each day. Not necessarily in this Order) Scrambled Eggs/Toast Low Fat Muffins Bagels & Cream Cheese Breakfast Pizza Waffles or Pancakes & Syrup Choice of: Low Fat Milk: Juice or Fruit, and White, Chocolate or Strawberry
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