



Sunset Mesa Schools ~ Lunch Menu for Nov 2018

Daily Lunch Choices are as follows: #1 - Hot or Sandwich Lunch
 #2 - Salad or Soup Lunch
 #3 - Vegetarian Bean & Cheese Burrito - Available Everyday
 #4 - Extra Entree of Choice #1 (cost is \$1.25 more)

All Lunches include a Side, Veggies, Fresh Fruit

(V)=Vegetarian (D)=item contains dairy (N)=nuts (F)=Fish/Shellfish (P)=Pork (GF)=Gluten Free or Bread Product can be Easily Avoided

Rhubarb & Elliott

Monday	Tuesday	Wednesday	Thursday	Friday
R&E Info Bite: <i>The holiday season starts earlier and earlier, but we try to stay pretty consistent with our offering of Real Food for your kids. While sweets and special treats are the hallmark of this month and the next, we'll be here to continue to provide a solid baseline morning, noon and night, for your kids' learning minds and growing bodies. We give thanks to you, our community, for the opportunity to engage with you throughout the year and be part of so many lives.</i>				
			¹ 1)100% Beef Hot Dog in Scratch made Blanket, Veg. Baked Beans, Carrots & Pickle, Fruit 2)Fruit Salad, Vanilla Yogurt, Homemade Granola(N), Turkey Breakfast Sausage	² 1)Cheese Pizza, Various Veggies w/Ranch Dipping Sauce, Fruit(V) 2)Turkey Waldorf Salad w/ Apples over Field Greens, Toasted Walnuts, Crackers, Fruit(GF)(N)
⁵ 1)Fettuccinni Alfredo w/ Roast Chicken, Sweet Peas & Carrots, Fruit 2)'Build your Own' Lunch w/ Roast Turkey & Cheese Cubes, Veggie Medley, Crackers, Fruit(GF)	⁶ 1)Breakfast Burrito w/Eggs, Cheese & Bacon (V-w/o Bacon), Oven Papitas, Salsa, Fruit 2)Udon Noodle Soup w/ Tofu & Veggies, Crispy Eggroll w/ Dip, Fruit(V)	⁷ 1)Roast Beef Sandwich on French Bread, Potato Chips, Veggie Sticks, Fruit 2)Yogurt/Fruit Smoothie, Tortilla, Carrot & Celery Sticks w/ Sunflower Seed Butter dip(V)(GF)	⁸ 1)'Make your Own' Beef Tacos(V-Bean) w/ Cheese, Lettuce, Sweet Corn, Salsa, Fruit(GF) 2)Plain Bagel w/ Side of Cream Cheese, HB Egg, Cucumbers & Grape Tomatoes, Fruit(V)	⁹ 1)Cheese Pizza, Various Veggies w/Ranch Dipping Sauce, Fruit(V) 2)Cobb Salad w/ Bacon, Turkey, Blue Cheese, Tomatoes, Walnuts, Ranch Dressing,Fruit (GF)(P)(N)
¹² 1)Pesto Penne Pasta w/ Shred Mozzarella Cheese, Italian Garden Side Salad, Fruit(D)(N)(V) 2)Taco Salad w/ Beef, Beans, Cheese, Tortilla chips, Salsa Dressing, Fruit(GF)	¹³ 1)Hamburger(V-Garden Burger), Lettuce, Oven French Fries, Pickle, Ketchup, Fruit (GF) 2)Fruit Salad, Vanilla Yogurt, Homemade Granola(N), Turkey Breakfast Sausage	¹⁴ 1)Tostado 'Scoopors' w/ Refried Pintos, Rice, Cheese, Lettuce, Black Olives, Salsa, Fruit(V)(GF) 2)Chicken Noodle Soup, Homemade Banana Bread Square, Whole Fruit	¹⁵ <p style="text-align: center;">Parent Teacher Conferences No School</p>	¹⁶ <p style="text-align: center;">Parent Teacher Conferences No School</p>
¹⁹ <p style="text-align: center;">Thanksgiving Break</p>	²⁰ <p style="text-align: center;">Thanksgiving Break</p>	²¹ <p style="text-align: center;">Thanksgiving Break</p>	²² <p style="text-align: center;">Thanksgiving Break</p>	²³ <p style="text-align: center;">Thanksgiving Break</p>
²⁶ 1)Cheese Quesadilla w/ Salsa Dip, Red Bell Pepper Slices, Whole Pinto Beans, Fruit (V) 2)Buffalo Chicken Salad over Crisp Romaine, Veggies, Blue Cheese Ranch, French Bread, Fruit	²⁷ 1)Grilled Lemon Herb Chicken Strips, Rice Pilaf, Greek Chop Salad, Fruit(GF) 2)Yogurt/Fruit Smoothie, Tortilla, Carrot & Celery Sticks w/ Sunflower Seed Butter dip(V)(GF)	²⁸ 1)Baked Potato w/ Cheese, Real Bacon Bits(on side), Steamed Broccoli, Fruit(GF)(P) 2)'Build your Own' Lunch w/ Roast Turkey & Cheese Cubes, Veggie Medley, Crackers, Fruit(GF)	²⁹ 1)Chili Con Carne 'Frito'Pie(V-Chili) w/ Cheese, Shredded Lettuce, Frito Corn Chips, Fruit(GF) 2)Rotini Pasta Salad w/ Cherry Tomato, Broccoli & Garbanzo Bean Side Salad, Fruit(V)	³⁰ 1)Cheese Pizza, Various Veggies w/Ranch Dipping Sauce, Fruit(V) 2)Chef Salad w/ Ham, Cheese, Hardboiled Egg, Veggies, Crackers, Ranch Dressing, Fruit(GF)