



East Stroudsburg Area School District

Lunch Menu November 2011

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable of the Month Pumpkin	1- Toasted Cheese Sandwich Deli Sandwich Tomato Soup Fresh Orange Wedges Rice Krispie Square	2- Spaghetti & Meat Sauce with dinner roll Italian Hoagie Tossed Salad w dressing Green Peas	3- Chicken Tenders with sauce Vegetable Wrap Seasoned Rice Broccoli Chilled Peaches	4- 5 inch Round Pizza Sloppy Joes on whole wheat roll Assorted 100% Fruit Juice Vegetable Medley & dip sauce Cinnamon Apple Slices
7- Italian Dunkers with meat dipping sauce Toasted Ham and Cheese on Pretzel Bun Vegetable Mix Mixed Fruit Cocktail	8- Meatball Sandwich Taco Salad Carrot Coins Mixed Fruit Fresh Baked Cookie	9- Chicken Nuggets/sauce Bologna and Cheese Sandwich Tator Tots Tossed Salad with dressing Broccoli and Cauliflower Mix	10- Cheeseburger on whole wheat roll Egg Burrito Lettuce and Tomatoes Sweet Potato Fries Pineapple Tidbits	11- White French Bread Pizza Pretzel Dog Seasoned Noodles Assorted 100% Fruit Juice Vegetable Medley with dipping sauce
14-Cheese Sticks with sauce Chef Salad with Italian bread Vegetable Mix Cinnamon Apple Sauce Soft Pretzel	15- Burrito with corn chips & salsa Turkey Deli Seasoned Rice Chilled Peaches 100% Fruit Punch Juice	16- Chicken Parmesan Vegetable Wrap Linguine Fresh Carrots and Celery with dipping sauce Green Beans	17- Cheesy Beef Bake Pierogies A la King Whole Wheat Dinner Roll Broccoli Fresh Grapes	18- 4 x 6 pizza Fish Sandwich on whole wheat roll Curly Fries Tossed Salad with dressing Assorted 100% Fruit Juice Holiday Cobbler
21-Turkey with Stuffing/gravy Bologna and Cheese Sandwich Sweet Potatoes Seasoned Corn Chilled Peaches Thanksgiving Cookie	22- Chicken Fajitas Toasted Ham and Cheese Seasoned Rice Vegetable Mix Mixed Fruit Cocktail <u>Grades 9 to 12 only</u>	23- Chicken Nuggets/sauce American Hoagie Tator Tots Tossed Salad with dressing Broccoli and Cauliflower Mix <u>Grades 9 to 12 only</u>	24- 	25- Thanksgiving Holiday <i>No School for Students</i>
28- Thanksgiving Holiday <i>No School for Students</i>	29-Chicken Tenders/sauce Selected Sandwich Wrap Seasoned Rice Broccoli Chilled Peaches Vanilla or Chocolate pudding	30- Spaghetti & Meat Sauce with dinner roll Italian Hoagie Tossed Salad w dressing Green Peas	Word of the Month Honorable	

Available Every Day: Peanut Butter & Jelly Sandwich; Selected Pizza; Yogurt & Selected Bread; Fresh Vegetables; Tossed Salad; 3 Bean Salad;
Fresh Fruits; 100% Fruit Juice; Choice of ½ pint milk

Suggestions/Comments: Please contact Food Services: paul-schmid@esasd.net; 570-424-8500 Ext 1420

Menu subject to Change - Check out the web page: www.esasd.net/cafe
Now on line: Information about the Birthday Baskets

Pay for your meals in advance through www.cafeprepay.com
Thank you for your support of the cafeteria