



# NOVEMBER 2020

## OAK VIEW SCHOOL

### LUNCH MENU



All meals **MUST** consist of a serving of fruit or vegetable along with two other components offered to be a complete meal.

Students select from these five components offered:

Whole Grains, Proteins (Meat/Meat Alternative), Dairy, Fruits, Vegetables

We offer a variety of fresh fruit & vegetables daily

Meals meet USDA Regulations

Menu items may be subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>LUNCH</b> SPAGHETTI W/MEAT SAUCE (30g) GARLIC BREADSTICK (15g)	3 <b>LUNCH</b> HOT DOG (23g) SUN CHIPS (28g)  Picture Day	4 <b>LUNCH</b> GRILLED CHEESE (30g) BAKED BEANS (26g)	5 <b>LUNCH</b> TURKEY SANDWICHES (39g) SUN CHIPS (28g)	6 <b>BREAKFAST FOR LUNCH</b> FRENCH TOAST STIX (40g) SCRAMBLED EGGS TATER TOTS (8g)  Dress up Day: "Crazy Mask Day"
9 <b>LUNCH</b> CRUNCHY TACOS TORTILLA CHIPS (18g) FRESH SALSA	10 <b>LUNCH</b> PRETZEL (38g) W/CHEESE SAUCE APPLE STRUDEL	11 <b>NO SCHOOL</b>   <b>VETERANS DAY</b>	12 <b>LUNCH</b> BEEF AND/OR CHEESE NACHOS (26g)	13 <b>LUNCH</b> PIZZA DAY (31g)
16 <b>LUNCH</b> CHICKEN PATTY SANDWICH (41g) TATER TOTS (8g)	17 <b>LUNCH</b> CORN DOG (30g) GOLDFISH CRACKERS	18 <b>LUNCH</b> HAMBURGER or CHEESEBURGER (26g) OVEN FRIES (8g)  Parent Club Meeting 6:30	19 <b>LUNCH</b> BEAN AND CHEESE BURRITO (51g) TORTILLA CHIPS (18g) STEAMED RICE  Board Meeting 6:30	20 <b>LUNCH</b> POPCORN CHICKEN MASHED POTATOES AND GRAVY (11g) GARLIC BREADSTICK (15g)
23 <b>LUNCH</b> TRADITIONAL TURKEY FEAST	24 <b>LUNCH</b> PB&J (32g) SUN CHIPS (28g)  MINIMUM DAY	25 26 27 <b>THANKSGIVING BREAK</b> Nov 25-27		
30 <b>LUNCH</b> CHILI FRIES (37g) CORN MUFFIN (23g)	Please keep your child home from school if they have a runny nose, cough, sore throat or any other cold/fly symptoms. Consider keeping siblings home as well out of precaution.			<b>2020-2021 SCHOOL LUNCH PRICES</b> Child Reduced Lunch \$0.00 Child Paid Lunch K-8 \$0.00 Seconds \$2.50 Additional Milk \$.50 Adult Lunch \$4.00