

CROSBY-IRONTON SCHOOLS MEAL MENU -

NOVEMBER 1-16

2018

Menu items may change due to availability. Cereal is available as a breakfast alternate daily at both schools.

USDA is an equal opportunity provider and employer.

			1	2
Meal costs Breakfast -\$1.55 at both schools Lunches C.R.E.S. - \$2.45 H.S. - \$2.70 REMEMBER Each reimbursable meal must contain 1/2 cup of fruit or vegetables.	Additional choices of fruits or vegetables are offered daily at each school. Cereal is available as a breakfast alternate daily at each school.		EARLY DISMISSAL DAY Cereal, Muffin Orange wedges Juice, Milk Pizza California vegetables Grape tomatoes, Carrots, cucumber Cinnamon applesauce Milk	NO SCHOOL
5	6	7	8	9
Waffles/fruit topping Peaches, Juice, Milk Chicken nuggets Tex Mex bean bake Greek salad Mandarin oranges & pineapple Bread stick Milk HS alternates Chef salad Yogurt parfait Grab&Go Grade 9-12	Breakfast Pizza Applesauce, Juice, Milk Ham & cheese stacker Broccoli cheese soup Creamy Coleslaw Peaches Milk HS-alternates Southwest Chix salad Sunbutter-Jelly Sand. Grab&Go Grade 9-12	Apple Frudel Banana, Juice, Milk Tuscan herb chicken Brown rice pilaf Green beans Broccoli Parm. salad Banana fruit cup Milk HS alternates Taco salad Teriyaki chicken bowl Grab&Go Grade 9-12	Cereal, WW cinn. roll Pears, Juice, Milk Garlic cheese bread Marinara sauce Caesar salad Apple wedges Milk HS alternates Chef salad Pizza burger on a bun Grab&Go Grade 9-12	Turkey sausage bagel Pineapple, Juice, Milk Cheeseburger on a WW bun, toppings Tator tots Fresh broccoli/carrots Pears Milk HS alternates Chef salad Fish sandwich Grab&Go Grade 9-12
12	13	14	15	16
Maple pancakes, syrup Applesauce, juice, milk Chicken tender wrap with toppings Corn Southwest salad Peaches Milk HS-alternates Chef salad Hot Ham & cheese Grab&Go Grade 9-12	Scrambled egg wrap Peaches, Juice, Milk Walking taco Assorted toppings WW roll Fresh crunchy carrots Peaches Milk HS-alternates Chef salad Fajita chicken Grab&Go Grade 9-12	Pancake & sausage on a stick Pears, Juice, Milk Corn dog Tex Mex Bean Bake Broccoli raisin salad Tropical fruit Milk HS-alternates Southwest Chix salad Shredded pork / bun Grab&Go Grade 9-12	Cereal, Muffin Orange wedges, Juice, Milk Chicken Stew with a WW biscuit Green Beans Creamy Coleslaw Mixed fruit Milk HS-alternates Chef salad Sunbutter-Jelly Sand. Grab&Go Grade 9-12	Egg & cheese biscuit Mixed fruit, juice, Milk Pizza Monte Carlo vege. Garden fresh greens - salad Applesauce Milk HS-alternates Taco salad Yogurt boat Grab&Go Grade 9-12

CROSBY-IRONTON SCHOOLS MEAL MENU -

NOVEMBER 19-30

2018

Menu items may change due to availability. Cereal is available as a breakfast alternate daily at both schools.

USDA is an equal opportunity provider and employer.

19	20	21	22	23
Waffles/fruit topping Applesauce, Juice, Milk	Breakfast pizza Peaches, Juice, Milk	EARLY DISMISSAL DAY Apple Frudel Banana, Juice, Milk	NO SCHOOL	NO SCHOOL
Tator-tot hotdish WW Bread & jelly Steamed broccoli Caesar salad Fresh fruit Milk	Garlic cheese bread Marinara sauce Greek Salad Pears Milk	Beef hot dog on a WW bun, Baked beans Seasoned Corn Applesauce Milk		
HS-alternates Chef salad Breakfast bowl Grab&Go Grade 9-12	HS alternates Chef salad Pizza burger on a bun Grab&Go Grade 9-12			
26	27	28	29	30
Maple pancakes, syrup Applesauce, juice, milk	Scrambled egg wrap Peaches, Juice, Milk	Pancake & sausage on a stick Pears, Juice, Milk	Cereal, Muffin Orange wedges Juice, Milk	Egg & cheese biscuit Mixed fruit, juice, Milk
Breaded chicken patty on a WW bun Baked beans Caesar salad Peaches Milk	Taco on a WW tortilla, toppings Chips, salsa, bean dip Seasoned Corn Fresh fruits Milk	Turkey gravy Mashed potatoes Glazed Carrots Mixed fruit WW bread & Jelly Milk	Popcorn chicken Ginger-soy rice Steamed Broccoli Garden salad Pears Milk	Pizza California vegetables Grape tomatoes, Carrots, cucumber Cinnamon applesauce Milk
HS alternates Chef salad Fajita chicken wrap Grab&Go Grade 9-12	HS alternates Chef salad Quesadilla Grab&Go Grade 9-12	HS-alternates Taco salad Ham & cheese stacker Grab&Go Grade 9-12	HS alternates Chef salad Corn dog Grab&Go Grade 9-12	HS alternates Chicken Caesar salad Yogurt boat Grab&Go Grade 9-12
Additional choices of fruits or vegetables are offered daily at each school.		Looking for Health or Nutrition resources? We have added site links with interactive games, activities, and funfacts. Just go to the Crosby-Ironton website and look under the Wellness tab.		Meal costs Breakfast - \$1.55 at both schools Lunches C.R.E.S. - \$2.45 H.S. - \$2.70
Cereal is available as a breakfast alternate daily at each school.				REMEMBER Each reimbursable meal must contain 1/2 cup of fruit or vegetables.