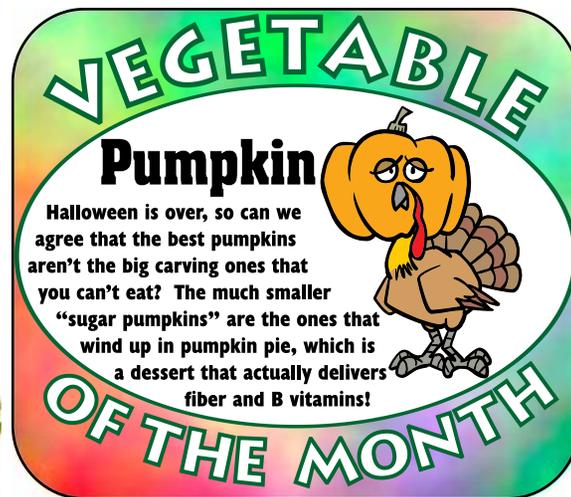
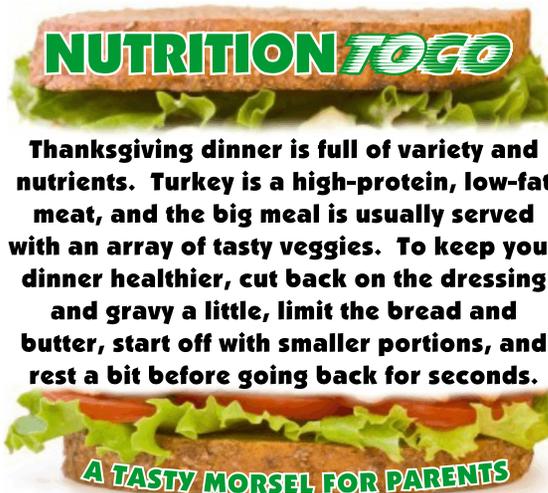
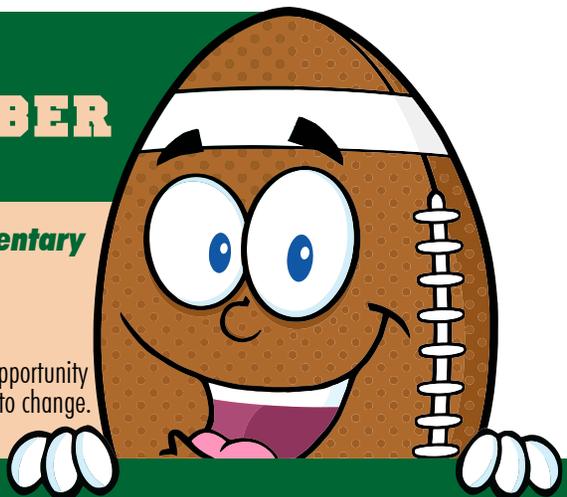


MENUS FOR NOVEMBER 2016

Londonderry Elementary Schools

This institution is an equal opportunity provider. Menus are subject to change.



Election Day is Tuesday, November 8.

School will be closed that day!

Tuesday, November 1

Chicken Sandwich w/ Lettuce, Tomato
Tuna Sandwich
Pepperoni Pizza
Lunchable

Strawberry Spinach Salad, Four Bean Salad. Fruit Cocktail

Wednesday, November 2

Pizza Sticks w/ Marinara Sauce
Chicken Fajita Rice Bowl
Pepperoni Pizza
Lunchable

French Fries
Steamed Carrots
Peaches

Thursday, November 3

Breakfast Platter
Pepperoni Pizza
Lunchable

Hashbrown, Cucumber Slices, Orange Juice

Friday, November 4

Gill's Fresh Pizza
Chicken Salad Wrap
Pepperoni Pizza
Lunchable

Green Beans
Fresh Veggies w/ Hummus
Peaches

Monday, November 7

Beef Teriyaki over Rice
Pizza Sticks w/ Marinara Sauce
Chef Salad w/ Crackers

Steamed Broccoli
Carrot Sticks
Applesauce Cups

Everyone over 18 should get out and VOTE!

Wednesday, November 9

~!!~PIZZA DAY~!!~
Sal's Pizza
Tuna Melt w/ Chips
Chef Salad w/ Chips

Corn
Pepper Strips
Mixed Fruit

Thursday, November 10

Appetizer Platter w/ Graham Crackers
Chef Salad w/ Graham Crackers

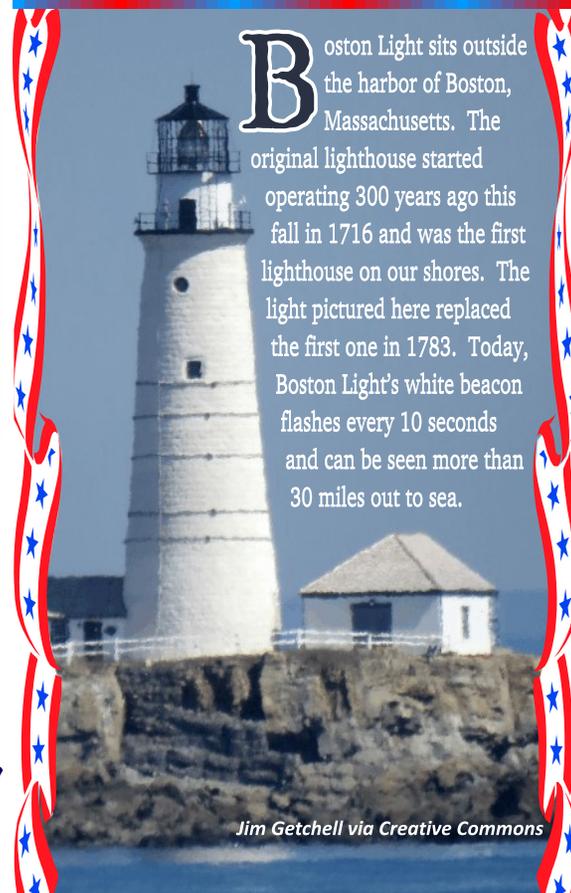
Cucumber Slices
Butternut Squash
Peaches

Thank You



★ VETERANS' DAY NOVEMBER 11 ★

★ OUR NATION'S HISTORY ★



Boston Light sits outside the harbor of Boston, Massachusetts. The original lighthouse started operating 300 years ago this fall in 1716 and was the first lighthouse on our shores. The light pictured here replaced the first one in 1783. Today, Boston Light's white beacon flashes every 10 seconds and can be seen more than 30 miles out to sea.

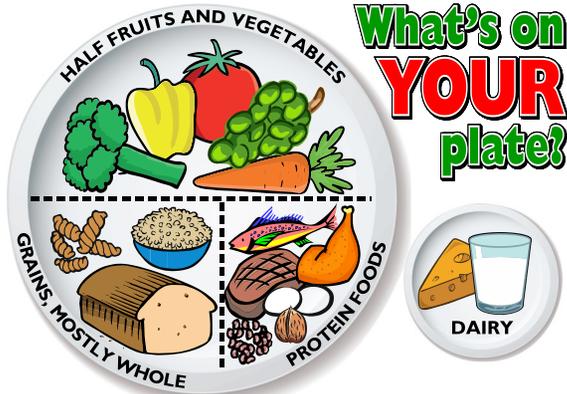
Jim Getchell via Creative Commons

★ WITH LIBERTY & JUSTICE FOR ALL ★

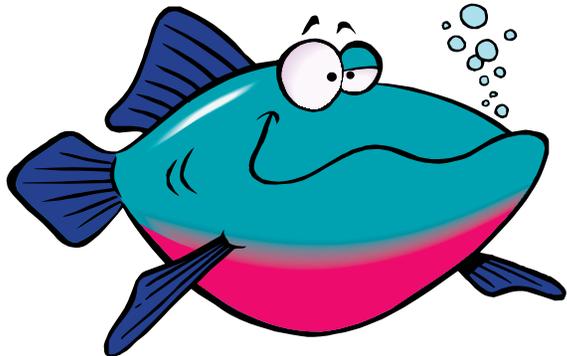
Still the best deal in town!

Lunch \$2.00

Complete a free and reduced-price meal application online today at www.lunchapplication.com.



Eat more fish!



Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!

Monday, November 14

Hot Dog
Grilled Cheese
Sandwich
Fruit Pizza
Lunch-able

Baked Beans
Creamy Cole Slaw
Marinated Tomato
Salad, Mixed Fruit

Tuesday, November 15

Cheeseburger
Macaroni & Cheese
Fruit Pizza
Lunch-able

Lettuce, Tomato,
Pickles, Shoestring
Fries, Applesauce

Wednesday, November 16

Strawberry Topped
Waffles w/ Yogurt
Ham and Cheese
Croissant
Fruit Pizza
Lunch-able

Hash Brown Potato,
Steamed Carrots
Fresh Pears

Thursday, November 17

French Bread Pizza
Mac and Trees
(Macaroni and
Cheese with
Broccoli)
Fruit Pizza
Lunch-able

Butternut Squash
Caesar Salad
Raisins

Friday, November 18



No School Today!

Monday, November 21

Chicken Fries w/
Breadstick
Turkey Sub
Yogurt/Bagel
Lunch-able

Corn Chowder
Pasta Salad
Applesauce Cup

Tuesday, November 22

Turkey Pie
Grilled Cheese
Sandwich
Yogurt/Bagel
Lunch-able

Green Bean
Casserole,
Homemade Garlic
Mashed Potatoes,
Cranberry Sauce

Happy Thanksgiving!



See you Monday!
(Some of you, anyway!)

Monday, November 28

Pizza Sticks with
Marinara Sauce
Tuna Sandwich
Yogurt/Bagel
Lunch-able

Sweet Potato Fries
Lemony Spinach
Pineapple

Tuesday, November 29

Popcorn Chicken w/
Breadstick
Cheese Quesadilla
w/ Fresh Salsa
Yogurt/Bagel
Lunchable

Garden Salad
Green Beans
Fruit Cocktail

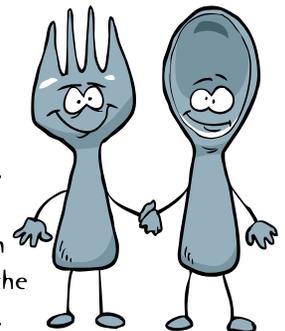
Wednesday, November 30

Hot Dog
Cheese Tortellini
with Homemade
Sauce, Yogurt/Bagel
Lunch-able

Corn
Baked Beans
Pears

THE FAMILY THAT EATS TOGETHER.

Family meals don't just improve kids' nutrition - eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!