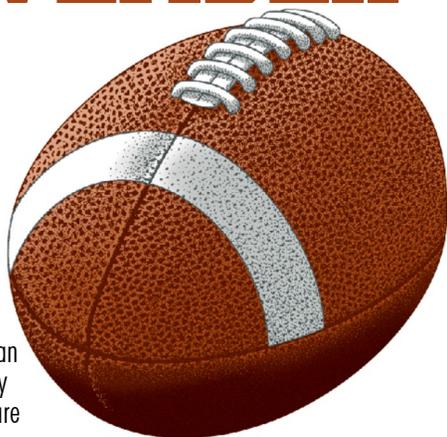


MENUS FOR NOVEMBER 2016

**Londonderry
Middle
School**



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

AVAILABLE DAILY

**Milk is served with all meals.
We offer 1% and skim white along
with fat free chocolate and
strawberry.**

Fresh fruit option served daily.

**Items on menu subject to change
due to availability or price.**



Featured Specials of the Day

Tuesday, November 1

Bosco Sticks w/ Marinara Sauce
Hot Dog on Bun
French Fries, Cole Slaw, Melon

Wednesday, November 2

Blueberry Topped Waffles
Ham, Egg Cheese Croissant
Hash Browned Potatoes, Steamed Carrots
Orange Juice. Chocolate Chip Cookie

Thursday, November 3

Appetizer Platter w/ Goldfish
Tuna Sandwich with Chips
Tomato Soup. Steamed Carrots, Pears

Friday, November 4

Gill's Fresh Pizza
Turkey Club Panini
Caesar Salad
Glazed Carrots

Monday, November 7

Cheeseburger
Hot Dog
French Fries, Cole Slaw, Baked Beans,
Sliced Fresh Watermelon

Tuesday, November 8



NO SCHOOL TODAY

Featured Specials of the Day

Wednesday, November 9

Sal's Square Pizza
Pressed Turkey BLT Panini
Caesar Salad, Sliced Cucumbers, Pears

Thursday, November 10

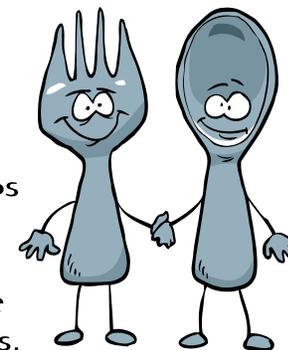
Appetizer Platter w/ Graham Crackers
Grilled Cheese Sandwich w/ Tomato Soup
Potato Smiles, Corn, Pears

Friday, November 11



THE FAMILY THAT EATS TOGETHER.

Family meals don't just improve your nutrition – eating together also helps boost social skills and increase 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!**

91

BY THE NUMBERS
PERCENTAGE OF TEENS WHO
HAVE OWNED A PET, LED BY DOG
(71%), FISH (60%), AND CAT (42).

Featured Specials of the Day

Monday, November 14

Chicken Tenders
Chicken Parmesan Sandwich
Baked Beans, Spicy Potato Wedges,
Peaches

Tuesday, November 15

~!!~Fiesta Day~!!~

Make Your Own Burrito
Choice Beef or Chicken
Chicken Caesar Salad
Rice, Beans, Salsa, Sour Cream, Corn,
Orange Juice

Wednesday, November 16

Crispy Chicken Sandwich
Tuna Melt with Chips
Potato Salad, Sweet Potato Fries,
Fresh Pears

Thursday, November 17

Cheese Tortellini with Homemade
Marinara
BBQ Pork Sandwich
Sliced Cucumbers, Steamed Carrots.
Chicken Noodle Soup, Strawberry Cup

Friday, November 18

Parent/Teacher Conferences

Featured Specials of the Day

Monday, November 21

Chicken Nuggets
Meatball Sub
Broccoli w/ Cheese Sauce,
Carrot Sticks w/ Dip, Raisins

Tuesday, November 22

Turkey Dinner, Garlic Mashed Potatoes,
Butternut Squash, Corn, Dinner Roll
Homemade Pumpkin Cookie

Happy Thanksgiving!



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

Monday, November 28

Popcorn Chicken w/Soft Pretzel
Hot Dog on Roll
Baked Beans, Caesar Salad, Raisins

Tuesday, November 29

Pizza Sticks with Marinara Sauce
Buffalo Chicken Wrap
French Fries, Pasta Salad, Fruit Cocktail

Wednesday, November 30

Cheese Quesadilla w/ Salsa
Chicken Teriyaki Rice Bowl
Grape Tomatoes, Sliced Fresh Cucumbers,
Peaches, Brownie Cookie

Thanksgiving Feast Tuesday, November 22



eat fit

wanna stay fit?
gotta eat right!

item:
turkey
sub
verdict:
healthy
fast food?!



tip: Yes, but not so fast! The numbers here are for turkey and lots of veggies on multigrain bread with mustard. Add a few slices of cheese and a generous glob of mayo and you're closer to 600 calories and 8g of saturated fat – and that's without chips, soda, and cookie!



Based on a 6-inch sub at a popular chain



Please see
reverse for items
available daily