



# Neshaminy Elementary Schools

Breakfast \$1.00  
Lunch \$2.35

## Menus for November 2014



USDA is an equal opportunity provider and employer.



## AVAILABLE DAILY

### \*Other Breakfast Choices:

Cereal, Bagel, Breakfast Bun, PopTart or French Toast Sticks, and each Breakfast comes with Fruit or 100% Fruit Juice and Milk. You must choose 3 out of 4 items offered and one MUST be a fruit.

### \*\*Other Lunch Choice:

Hot Dog, Burger, Salad w/Topping Choice, Pizza, or Cheese, Tuna or PB&J<sup>Ⓢ</sup> Sandwich. <sup>Ⓢ</sup>Sunflower butter used due to allergies. You must choose 3 out of 5 items offered and one must be a fruit or veggie.



First things First -- New This Year!

Choose at least **ONE** serving of **FRUIT** and at least **THREE** items **TOTAL** so your meal counts as a **Complete Breakfast!**

## BREAKFAST@SCHOOL

For first-class learning!

Monday, November 3

### Breakfast\*

Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

### Lunch\*\*

Max Stix or Other Lunch Choice  
Sweet Potato Gems or Baby Carrots/Dip  
Pineapple Tidbits or Fresh Fruit or Juice Choice  
Milk Choice

Tuesday, November 4



## NO SCHOOL TODAY

Make sure your family votes!

Wednesday, November

### Breakfast\*

Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

### Lunch\*\*

Domino's Pizza or Other Lunch Choice  
Green Beans or Celery Sticks /Dip  
Mandarin Oranges or Fresh Fruit or Juice Choice  
Milk Choice

Thursday, November 6

### Breakfast\*

Breakfast Sandwich or Pancake/Sausage Stick or other Breakfast Choice

### Lunch\*\*

Pasta w/wo Meatballs w/wo Dinner Roll or Other Lunch Choice  
Garden Peas or Cucumber Coins/Dip  
Chilled Mixed Fruit or Fresh Fruit or Juice Choice  
Milk Choice

Friday, November 7

### Breakfast\*

Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

### Lunch\*\*

Mini Corn Dogs or Other Lunch Choice  
Baked Beans or Fresh Broccoli/Dip  
Diced Pears or Fresh Fruit or Juice Choice  
Milk Choice

## DON'T GET!

Take at least **ONE** **FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

Monday, November 10

### Breakfast\*

Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

### Lunch\*\*

Mozzarella Sticks or Other Lunch Choice  
Green Beans or Baby Carrots/Dip  
Peach Slices or Fresh Fruit or Juice Choice  
Milk Choice

Tuesday, November 11



## Veteran's Day No School Today

Wednesday, November 12

### Breakfast\*

Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

### Lunch\*\*

Domino's Pizza or Other Lunch Choice  
Carrot Coins or Celery Sticks /Dip  
Mandarin Oranges or Fresh Fruit or Juice Choice  
Milk Choice

Thursday, November 13

### Breakfast\*

Breakfast Sandwich or Pancake/Sausage Stick or other Breakfast Choice

### Lunch\*\*

Nachos or Other Lunch Choice  
Refried Beans or Cucumber Coins/Dip  
Pineapple Tidbits or Fresh Fruit or Juice Choice  
Milk Choice

Friday, November 14

### Breakfast\*

Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

### Lunch\*\*

Shrimp Popcorn w/wo Brown Rice or Other Lunch Choice  
Tasty Corn or Fresh Broccoli/Dip  
Diced Pears or Fresh Fruit or Juice Choice  
Milk Choice

## HELP!

Join the Food Service Team as a substitute. Pay is \$9.00/hr. Work only when your Neshaminy child is in school! Apply at [www.source4teachers.com/](http://www.source4teachers.com/) SAMS or call 215-809-6540 for more information.

SOURCE 4 TEACHERS  
Educational Staffing Solutions

Milk Choice:  
Fat Free  
Chocolate or  
Strawberry,  
1% White

Whole Wheat or Whole Grain is used in all grain products except pasta until an acceptable product to students is available.

Menu subject to change.

SEASONAL FRESH FRUIT AND SALADS AVAILABLE EVERY DAY

**Thanksgiving Feast!**



Please Join Us!  
**Thursday, November 20**

★ **OUR NATION'S HISTORY** ★

During World War I, 25% of Americans drafted into the Army couldn't read or write. So a group of educators helped found American Education Week in 1921, to bring attention to the need for public education and to salute the dedicated teachers who help our kids learn. Please remember to thank your teachers during this year's American Education Week, November 16-22.



★ **WITH LIBERTY & JUSTICE FOR ALL** ★



Free and Reduced Price School Meal Applications

Apply anytime for Free & Reduced Breakfast and Lunch Benefits to see if you qualify at [www.paschoolmeals.com](http://www.paschoolmeals.com)  
Call Food Service if you have any questions  
215-809-6540

**WWW.PASCHOOLMEALS.COM**

**Monday, November 17**

**Breakfast\***

Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

**Lunch\*\***

Calzonettes or Other Lunch Choice  
Baked Fries or Baby Carrots/Dip  
Pineapple Tidbits or Fresh Fruit or Juice Choice  
Milk Choice

**Tuesday, November 18**

**Breakfast\***

Breakfast Sandwich or Pancake/Sausage Stick or other Breakfast Choice

**Lunch\*\***

Chicken Patty Sandwich or Other Lunch Choice  
Garden Peas or Grape Tomatoes/Dip  
Chilled Mixed Fruit or Fresh Fruit or Juice Choice  
Milk Choice

**Wednesday, November 19**

**Breakfast\***

Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

**Lunch\*\***

Domino's Pizza or Other Lunch Choice  
Garbanzo Beans or Celery Stix/Dip  
Diced Pears or Fresh Fruit or Juice Choice  
Milk Choice

**Thursday, November 20**

**Breakfast\***

Breakfast Sandwich or Pancake/Sausage Stick or other Breakfast Choice

**Lunch\*\***

**"TURKEY FEAST"**  
Turkey w/o Gravy/Roll or Other Lunch Choice  
Mashed Potatoes  
Garden Peas  
Applesauce or Fresh Fruit or Juice Choice  
Milk Choice

**Friday, November 21**

**Breakfast\***

Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

**Lunch\*\***

Cheese Quesadilla or Other Lunch Choice  
Steamy Spinach or Fresh Broccoli /Dip  
Peach Slices or Fresh Fruit or Juice Choice  
Milk Choice

**FIND THE FIBER.**

It's not hard. Everything in these two pictures is loaded with fiber! Your go-to sources for this all-important nutrient should look like this stuff: fresh whole fruits and veggies,



beans, nuts, and grain products that are whole (like brown rice, corn, and quinoa) or processed grain foods (like bread, cereal, and pasta) that are made with at least 50% whole grains. Try to get

most of your fiber where it occurs naturally, rather than from processed foods that include fiber as an added ingredient so they can be sold as "high fiber."



**Monday, November 24**

**Breakfast\***

Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

**Lunch\*\***

Mini Pizza Bagels or Other Lunch Choice  
Broccoli Florets or Baby Carrots/Dip  
Mandarin Oranges or Fresh Fruit or Juice Choice  
Milk Choice  
**NO SCHOOL FOR KINDERGARTEN**



Prepay your child's meals and see balances and meals eaten on the web using your debit or credit card for \$1.95 per transaction. Learn more at [www.paypams.com](http://www.paypams.com).

How else can you prepay? You can send payment in with your child or through the mail. Be sure to include child's name, homeroom, grade and keypad #.



Free and Reduced Price School Meal Applications

An application will be sent home with your child(ren) the first week of school. You can also access the form on Neshannock's website at: [www.neshannock.org](http://www.neshannock.org) or online at: [www.compass.state.pa.us](http://www.compass.state.pa.us)

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