

**ALTERNATE ENTREE**

WEEK 1= Plump Hot Dog  
 WEEK 2= Cheeseburger  
 WEEK 3= Plump Hot Dog  
 WEEK 4= Cheeseburger  
 \* Whole Grain







# November 2009



**1st Grade Students**  
 Alternate Entrees and Cereal  
 Meals are available to  
 First Grade Students.

STUDENT  
 \$1.85

ADULT  
 \$3.25

MON	TUE	WED	THU	FRI
<p>2 Alternate Entrée→ Week #1 Plump Hot Dog  <b>Pepperoni Stromboli</b>                      Pepperidge Farm Goldfish                      Tossed Salad Chilled Fruit                      * Cereal Meal– Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p>3 <b>Election Day!</b>   <b>Oven Baked Chicken Tenders</b>                      Oven Baked Pierogies Mixed Veggies                      Chilled Fruit                      * Cereal Meal</p>	<p>4 <b>Oven Baked Mozzarella Sticks</b>                      Potato Wedges Steamed Broccoli                      Trojan Jell-O                      * Cereal Meal– Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p>5 <b>Chicken Filet Sandwich</b>                      Seasoned Noodles Steamed Carrots                      Chilled Pears                      * Cereal Meal– Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p>6 <b>Stuffed Crust Sticks</b>                      Tossed Salad Sweet Peas                      Chilled Fruit                      * Cereal Meal–Cereal, Yogurt, String Cheese, Fruit, Milk</p>
<p>9 Alternate Entrée→ Week #2 Cheeseburger  <b>Taco w/Fixings</b>                      Brown Rice Vegetarian Beans                      Applesauce                      * Cereal Meal– Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p>10 <b>Bagel w/Cream Cheese &amp; String Cheese</b>                      Fruit Yogurt Bag of Carrots                      Chilled Fruit                      * Cereal Meal– Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p>11 <b>French Bread Pizza</b>                      Tossed Salad Mixed Veggies                      Chilled Strawberries                      * Cereal Meal– Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p>12 <b>Holiday Meal</b>  <b>Oven Roasted Turkey w/Gravy</b>                      PA Dutch Potato Filling                      Dinner Roll Sweet Corn                      Cranberry Sauce Ice Cream Cup  <b>NO HOT ALTERNATE TODAY!</b>                      * Cereal Meal</p>	<p>13 <b>Popcorn Chicken</b>                      *Wheat Dinner Roll                      Green Beans Chilled Fruit                      * Cereal Meal–Cereal, Yogurt, String Cheese, Fruit, Milk</p>
<p>16 Alternate Entrée→ Week #3 Plump Hot Dog  <b>Toasted Cheese Sandwich</b>                      Tomato Soup Green Beans                      100% Fruit Sherbet                      * Cereal Meal– Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p>17 <b>Deli Hoagie</b>                      (Ham, Turkey, Bologna)                      Bag of Pretzels Bag of Carrots                      Pickle Mixed Fruit                      * Cereal Meal– Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p>18 <b>Parkland Chicken Sandwich</b>                      Baked Chips Sweet Corn                      Chilled Fruit                      *Cereal Meal– Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p>19 <b>Pasta w/Meat or Marinara Sauce</b>                      Tossed Salad 100% Fruit Juice                      *Wheat Dinner Roll Teddy Grahams                      *Cereal Meal</p>	<p>20 <b>Pizza Wedge</b>                      Soft Pretzel                      Steamed Carrots Apple Sauce                      * Cereal Meal–Cereal, Yogurt, String Cheese, Fruit, Milk</p>
<p>23 Alternate Entrée→ Week #4 Cheeseburger  <b>Bosco Mozzarella Bread Sticks</b>                      Tossed Salad Sweet Peas                      Chilled Fruit                      * Cereal Meal– Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p>24 <b>Baked Ziti</b>                      (Pasta, Red Sauce, Mozzarella Cheese)                      *Wheat Dinner Roll                      Green Beans Chilled Fruit                      * Cereal Meal–Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p>25 <b>Oven Baked Chicken Nuggets</b>                      Potato Smiles Mixed Veggies                      *Wheat Dinner Roll Chilled Fruit                      * Cereal Meal–Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p>26 <b>No School !</b>  </p>	<p>27 <b>No School !</b></p>
<p>30 <b>No School !</b></p>				

**Parkland Elementary Schools November 2009 Menu**

A CHOICE OF MILK IS OFFERED WITH EACH MEAL. ALL MENUS ARE SUBJECT TO CHANGE

FRESH FRUIT IS ALWAYS A DAILY OPTION.