

# NOVEMBER 2017

## Spencer Van-Etten Central School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW?

American football is the main sport watched in the United States during this month.

**6**  
CHICKEN SPEEDIES  
SERVED ON A ITALIAN ROLL  
MASHED POTATOES  
GRAVY  
STEAMED BUTTERED CORN  
CANNED PEACHES

**7**  
TACO TUESDAY!  
SEASONED FAJITA CHICKEN MEAT SERVED WITH A CRISPY CORN SHELL, SHREDDED LETTUCE, DICED TOMATOS, CHEDDER CHEESE  
SOUR CREAM, SALSA

**1**  
SPAGHETTI AND MEAT SAUCE  
GARLIC TOASTED BREAD  
STEAMED SEASONED GREEN BEANS  
ASSORTED FRESH FRUIT SELECTIONS

**2**  
BRUNCH LUNCH  
SCRAMBLED EGGS  
FRENCH TOAST STICKS  
BACON  
HOMEFRIED POTATOES  
MAPLE SYRUP  
FRESH FRUIT CUPS

**3**  
GRILLED CHEESE SANDWICH ON TOASTED WHOLE WHEAT BREAD  
CAMPBELLS TOMATO SOUP  
CHEFS CHOICE OF STEAMED MEDLEY VEGETABLES  
APPLE SAUCE CUPS

**13**  
HAMBURGERS  
SERVED ON A WHEAT ROLL  
LETTUCE, TOMATOES, SLICED RED ONIONS  
DILL PICKLES  
STEAMED BUTTERED CORN  
FRENCH FRIES

**14**  
BBQ PULLED PORK  
SERVED ON A WHOLE WHEAT ROLL  
TRADITIONAL SCALLOPED POTATOES  
COLE SLAW  
BAKED BEANS  
FRUITED JELL-O

**8**  
TURKEY SUBS  
CHOICE OF CONDIMENTS  
SHREDDED LETTUCE  
TOMATO, ONIONS ONLY @HIGH/MIDDLE SHOOL  
AMERICAN CHEESE, DILL  
PICKLES, BANANNA PEPPERS  
WHOLE WHEAT ROLL

**9**  
PIZZA DUNKERS  
MARINARA SAUCE FOR DIPPING  
STEAMED BROCCOLI  
TATER TOTS  
FRESH FRUIT SELECTIONS

**10**  
VETERANS DAY!  
NO SCHOOL

**20**  
BAKED POTATO BAR  
CHEESE SAUCE, STEAMED BROCCOLI  
CHILI  
FIELD GREEN SALAD BOWLS  
WHOLE WHEAT ROLL

**21**  
MACARONI AND CHEESE  
STEAMED PEAS  
VARIETY FRESH VEGETABLE STICKS SERVED WITH RANCH DRESSING  
DIWHOLE WHEAT DINNER ROLL  
MARGARINE PAT

**15**  
CHEESE OR SAUSAGE PIZZA  
STIR FRY FRESH VEGETABLES  
VARIETY BAG SNACK

**16**  
½ DAY PARENT/TEACHERS CONFERENCE  
BRUNCH LUNCH  
SCRAMBLED EGGS  
PANCAKES  
SAUSAGE  
TATER TOTS  
APPLE SAUCE CUPS

**17**  
TRADITIONAL THANKSGIVING FEAST  
ROAST TURKEY  
SAGE DRESSING  
WHIPPED POTATOES  
GRAVY  
GREEN BEAN CASSEROLE  
CRANBERRY SAUCE

**22**  
THANKSGIVING RECESS

**23**  
THANKSGIVING RECESS

**24**  
THANKSGIVING RECESS

**27**  
HOT DOGS  
ALL BEEF SERVED ON A WHOLE WHEAT ROLL  
MUSTARD, KETCHUP, PICKLE RELISH  
TATER TOTS  
MIXED FIELD GREENS WITH ITALIAN DRESSING

**28**  
TACO TUESDAY  
SEASONED GROUND BEEF, SHREDDED LETTUCE, DICED TOMATOES, CHEDDAR CHEESE, SOUR CREAM, SALSA  
CHILI BEANS

**29**  
12 DAY PARENT TEACHERS CONFERENCE  
BUILD A SUB DAY  
TURKEY SUBS ONLY AT ELEMENTARY  
EGG OR TUNA  
WHOLE WHEAT ROLLS  
VARIETY CONDIMENTS

**30**  
CREAMED CHICKEN SERVED OVER RICE  
STEAMED GREEN PEAS  
FIELD GREEN SALADS  
RANCH DRESSING  
WHOLE WHEAT DINNER ROLL  
MARGARINE PAT

### A La Carte

PB & Jelly  
Fresh Salads w/variety of condiments  
Fresh fruit selections  
Canned fruit in extra lite syrup  
100% whole grain enriched bread and rolls  
100% fruit juice Tue/Thur Elem/MS  
High school every day  
Skim & Fat Free Choc Milk  
Available daily:  
Assort cold cereals, Hot cereal seasonally  
Granola bars, breakfast bars, graham crackers

### School News

Breakfast Menu:  
Mon: Cold Cereal  
Tue: Breakfast on a stick  
Wed: French Tst/sausage  
Thur: Breakfast sandwich  
Fri: Oatmeal, Brown sugar

Pricing:  
Breakfast all schools \$1.25  
Lunch Elementary \$2.30  
High & Middle school \$2.55  
Reduced \$ .25  
Adults: \$4.25 plus tax

