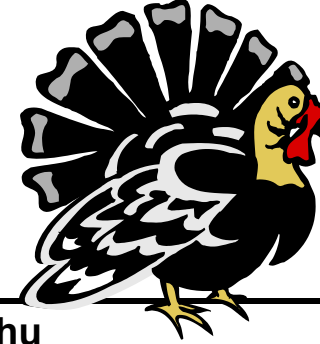


Parents: Visitors must call the front office by 9am to order their lunch the day they visit. The price of a visitor meal is \$3.00. We cannot charge any visitor lunches to your child's lunch account. Payments must be made in the front office before lunch. Thank you.

Fresh Fruit and Unlimited Salad Bar offered EVERYDAY!!
Milk or Juice Choice with each lunch. Drinking water is available.

Promontory Lunch November 2018



Mon	Tue	Wed	Thu	Fri
			1 A: Ham & Cheese Sandwich B: Chef Salad-GF,DF Served with French Fries	2 <u>Early Out 1:30pm/Teacher Prep</u> A: Teriyaki Rice Bowl-GF,DF B: Mandarin Chicken Salad-GF,DF
5 A: Enchiladas-GF B: Taco Bar-GF,DF Served with Seasoned Black Beans	6 A: French Dip Sandwich B: Chef Salad-GF,DF Served with French Fries	7 <u>AM Kindergarten</u> A: Spaghetti & Meat Sauce-DF B: Mandarin Chicken Salad-GF,DF	8 <u>Early Out 1:30pm SLC's</u> A: Breakfast Burrito-DF B: Fruit & Yogurt with Granola-GF	9 <u>Student Led Conferences</u> <u>No School</u>
12 A: Cheese Quesadilla B: Taco Bar-GF,DF Served with Refried Beans	13 A: Hamburger-DF B: Mac & Cheese Served with French Fries	14 <u>PM Kindergarten</u> A: Scrambled Eggs-GF,DF B: Fruit & Yogurt-GF Served with Pancake Square	15 A: Cheese Pizza B: Pepperoni Pizza Served with Sweet Corn	16 A: Sausage & Potato Soup-GF B: Chef Salad-GF,DF Served with Focaccia Bread
19 A: Bean Burrito-DF B: Taco Bar-GF,DF Served with Seasoned Black Beans	20 A: Thanksgiving Dinner Served with Mashed Potatoes, Sweet Corn, Fresh Roll and a Holiday Treat	<div data-bbox="835 1075 1050 1218" data-label="Image"> </div> <div data-bbox="856 1006 1858 1088" data-label="Text"> <h2>Thanksgiving Break</h2> </div> <div data-bbox="1780 1058 1969 1218" data-label="Image"> </div>		
26 A: Cheese Quesadilla B: Taco Bar-GF,DF Served with Refried Beans	27 A: Breakfast Pizza-GF,DF B: Fruit & Yogurt-GF Served with Muffin Square	28 <u>AM Kindergarten</u> A: Chili-GF,DF B: Baked Potato Bar-GF,DF Served with Home-made Cornbread	29 A: Sloppy Joe-DF B: Mandarin Chicken Salad-GF,DF Served with French Fries	30 A: Ham & Potato Soup-GF B: Chef Salad-GF,DF Served with Focaccia Bread

Please contact me with any diet/allergy needs. Most meals can be adapted to meet your needs. **Menu items possibly come in contact with gluten or dairy.

USDA is an equal opportunity provider and employer.