



Oak Street Lunch Menu

November 2018

Allergen Key

G – Gluten

E – Egg

D – Dairy

Vegetarian Options

5 Mini Berry French Toast with Egg Patty*(GED) or Campfire Beans Over WG Rice*

Tater Tots
Apple Sauce

6 Sweet and Sour Chicken (G) or Charro Black Beans Over Whole Grain Rice*

Fresh Red Pepper Strips

7 ½ Day Teacher

In -Service Day

No Lunches Served

8 School Closed

NJEA Convention

9 School Closed

NJEA Convention

12 Egg Fried Rice (GE) with Vegetable Egg Roll* or Campfire Beans Over WG Rice*

Fresh Baby Carrots
Apricot Halves

13 ½ Day

Parent Teacher Conferences

No Lunches Served

14 ½ Day

Parent Teacher Conferences

No Lunches Served

15 ½ Day

Parent Teacher Conferences

No Lunches Served

16 ½ Day

Parent Teacher Conferences

No Lunches Served

19 French Toast Sticks (GED) with Scrambled Eggs* (E) or Campfire Beans Over WG Rice*

Hash Brown
Pineapple Tidbit

20 Ace Giveaway Day

Cheese Ravioli * (GED) with Marinara Sauce or Charro Black Beans Over WG Rice*

Mixed Roasted Vegetables

21 ½ Day

No Lunches Served

22 Happy Thanksgiving
School Closed

23 Happy Thanksgiving
School Closed

26 Mac and Cheese * (GD) with Corn Bread (GED) or Campfire Beans Over G Rice*

Coleslaw (D)
Apricot Halves

27 Orange Popcorn Chicken (G) Over Lo Mein Noodles (G) or Charro Black Beans Over WG Rice*

Fresh Red Pepper Strips
Diced Pears

28 Hebrew National All Beef Hot Dog on a Bun (G) or Kickin' Pinto Beans Over WG Rice*

French Fries
Fresh Apple

29 Mini Waffles* (GED) with Chicken Sausage or BBQ Black Beans Over WG Rice*

Tater Tots
Applesauce

30 Rotini Pasta with Meat Sauce OR Marinara Sauce* with Whole Grain Dinner Roll (GE) or Charro Beans Over WG Rice*

Steamed Corn
Fruit Cup

More info...Meatless Mondays!

Lunch Price \$2.60
Must purchase at least 1 fruit **or** 1 vegetable **and** 2 other food groups, otherwise, a la carte pricing applies. Qualifying lunches include milk, 4oz Juice or 8 oz. water.

Daily Options... Hummus available Daily

Cheese or Pepperoni Pizza, Spicy or Plain Chicken Patty, Hamburger or Cheeseburger, and Veggie Burgers. Assorted Fresh Fruit and Vegetables.

For lunch related information Visit:

<http://bernards.schooldish.com>