







elmwood franklin school

November 7-11 Lunch Menu

	Monday	Tuesday <i>Beatrice Ross is Head for the Day!</i>	Wednesday	Thursday	Friday
	Cheeseburger OR Hamburger (GF, DF) Coleslaw (GF) Seasoned French Fries (GF, DF)	French Toast Sticks (DF) Broccoli (GF, DF) Sausage (GF, DF)	Stuffed Shells Sweet Peas (GF, DF) Garlic Breadsticks	Meatball Bomber Roasted Zucchini and Yellow Squash (GF, DF) Brown Rice (GF, DF)	SCHOOL CLOSED— Veterans Day
	Apple-Cranberry Salad With a Raspberry Vinaigrette (GF, DF)	Breakfast Pizza	Chicken Caesar Salad	Basil Pesto Pasta	
	Egg Salad Pita (GF) <i>Deli Sandwiches Available Daily</i>	Bacon, Egg, and Cheese Bagel <i>Deli Sandwiches Available Daily</i>	Tuna Salad Wrap <i>Deli Sandwiches Available Daily</i>	Tabouli Hummus Wrap (GF, DF) <i>Deli Sandwiches Available Daily</i>	
	Tomato Basil (GF, DF) Salad Bar Fresh Fruit	Chicken and Rice (GF) Salad Bar Fresh Fruit Worms in Dirt	Italian Wedding Salad Bar Fresh Fruit	French Onion (GF, DF) Salad Bar Fresh Fruit	
Mid-Morning Snack	Pretzels and Cheese Sticks	Goldfish	Yogurt Parfait	US: Apple Jacks Prep & LS: Rice Chex	

NOVEMBER Deli Sandwich Options*

- Roast Beef
- Cheese
- Sunbutter
- Sunbutter and Jelly
- Hummus Wrap

Salad Bar Options





- Lettuce
- Tomatoes
- Cucumbers
- Pepperoncinis
- Olives
- Croutons
- Shredded Cheddar
- Carrot Sticks
- Bacon Bits
- Crumbled Eggs
- Dressings

***Due to supply shortages,
deli turkey is currently
unavailable.**

*Menu items may contain ingredients known to cause allergic reactions in some people, including peanuts, tree nuts, soy, milk, seafood, shellfish, wheat/gluten and eggs.
Please check with management before consuming any products if you have any sensitivity or allergy to any of these food items.*

***** Gluten Free Options Available. *****


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November 14-18 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	Breaded Chicken Sandwich Roasted Brussel Sprouts (<i>GF, DF</i>) Potato Wedges (<i>GF, DF</i>)	Philly Cheesesteak Seasoned Broccoli (<i>GF, DF</i>) Roasted Sweet Potatoes (<i>GF, DF</i>)	Mediterranean Bowl with Chicken Sweet Peas (<i>GF, DF</i>) Lebanese Rice	Popcorn Chicken Bowl Corn (<i>GF, DF</i>) Mashed Potatoes with Gravy Stuffing	Buffalo Chicken Finger Sub Carrots (<i>GF, DF</i>) Tatar Tots (<i>GF, DF</i>)
	Veggie Flatbread Pizza	Tomato Feta Pasta	Falafel Pita	Turkey Burger (<i>GF, DF</i>)	Roasted Red Pepper Pesto Pasta
	Loaded Hummus Wrap (<i>GF, DF</i>) <i>Deli Sandwiches Available Daily</i>	Veggie Burrito (<i>GF, DF</i>) <i>Deli Sandwiches Available Daily</i>	Avocado Ranch Chicken Wrap <i>Deli Sandwiches Available Daily</i>	Portobello Sandwich (<i>GF, DF</i>) <i>Deli Sandwiches Available Daily</i>	Curry Chicken Pita <i>Deli Sandwiches Available Daily</i>
	Cream of Mushroom Soup Salad Bar Fresh Fruit	Cheesy Potato Salad Bar Fresh Fruit	Chicken Gnocchi Salad Bar Fresh Fruit	Pumpkin Bisque Salad Bar Fresh Fruit	Minestrone Salad Bar Fresh Fruit
Mid-Morning Snack	Jungle Crackers	Apple Muffins	Sunchips	Carrots with Ranch	Pretzel and Cheese Sticks





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November 21-25 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Tenders Apple Sauce (<i>GF, DF</i>) Curly Fries (<i>GF, DF</i>)	SCHOOL CLOSED— Professional Development Day for Faculty/Staff		SCHOOL CLOSED— Thanksgiving Recess	
	Penne with Red Sauce (<i>GF, DF</i>)				
	Ham and Salami on Focaccia (<i>GF, DF</i>) <i>Deli Sandwiches Available Daily</i>				
	Loaded Potato Salad Bar Fresh Fruit				
Mid-Morning Snack	Belly Bears				





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November 28-December 3 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	Grilled Cheese Corn (GF, DF) Tater Tots (GF, DF)	Soft Tacos (GF, DF) Refried Beans (GF, DF) Spanish Rice (GF, DF)	Chicken Parmesan Roasted Vegetables (GF, DF) Garlic Mashed Potatoes	Pepperoni OR Cheese Pizza Carrots (GF, DF) Seasoned Potatoes (GF, DF)	Spaghetti and Meatballs Sweet Peas (GF, DF) Parmesan Breadsticks
	Corn and Bean Burrito (GF, DF)	Marinated Portobello Sandwich (GF, DF)	Italian Herb Crusted Tilapia	Pasta Primavera (GF, DF)	Lemon Basil Pasta (GF, DF)
	BLT Wrap (GF, DF) <i>Deli Sandwiches Available Daily</i>	Roasted Vegetable Wrap (GF, DF) <i>Deli Sandwiches Available Daily</i>	Roasted Red Pepper Hummus Pita (GF, DF) <i>Deli Sandwiches Available Daily</i>	Tuna Salad Wrap <i>Deli Sandwiches Available Daily</i>	Ham and Swiss on Marble Rye <i>Deli Sandwiches Available Daily</i>
	Tomato (GF, DF) Salad Bar Fresh Fruit	Chicken Tortilla Salad Bar Fresh Fruit	Butternut Squash Salad Bar Fresh Fruit	Buffalo Chicken Wing Salad Bar Fresh Fruit	Garden Vegetable (GF, DF) Salad Bar Fresh Fruit
Mid-Morning Snack	Jungle Crackers	Rice Chex (GF, DF)	Soft Pretzels	Cheez-It	Oatbars

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