



NOVEMBER | 2018

Centerville-Abington Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To see a copy of our Powerlunch & Alternate Meal Policy, please visit our Cafeteria Menu page on the school website under Parent Resources.</p> <p>This menu is subject to change without notice.</p>			<p>1 Breakfast for Lunch! Scrambled Eggs with WG Cinnamon Roll Hashbrown Smiles Fruit Juice Milk</p>	<p>2 WG Tony's Pepperoni Pizza Broccoli with Cheese Pears Cookie Milk</p>
<p>5 Homemade Chicken & Noodles with WG Dinner Roll Mashed Potatoes & Gravy Side Salad Strawberries Milk</p>	<p>6 Back for Winter! Chili with Cornbread and WG Crackers Broccoli Grapes Milk</p>	<p>7 Deli Meat & Cheese Wrap on WG Tortilla Shrd Lettuce & Tomato Baked Beans Pineapple Milk</p>	<p>8 WG Mini Cheese Bosco Sticks with Pizza Sauce Green Beans Applesauce Milk</p>	<p>9 WG Tony's Cheese Pizza Baked Potato Wedges Mixed Veggies Mixed Fruit Brownie Milk</p>
<p>12 WG Pancakes with Syrup Canadian Bacon Hashbrown Smiles Mixed Berries Milk</p>	<p>13 Chicken Nachos on Corn Chips with Queso Cheese Refried Beans Corn Apple Slices Milk</p>	<p>14 WG Popcorn Shrimp Baby Baked Potatoes Cooked Carrots Pears Milk</p>	<p>15 WG Mini Corn Dogs Broccoli Side Salad Orange Slices Milk</p>	<p>16 WG Deep Dish Pepperoni Pizza Green Beans Kiwi Fruit Cookie Milk</p>
<p>19 Thanksgiving Feast Turkey Manhattan with WG Bread Slice Broccoli Peaches Pumpkin Roll Milk</p>	<p>20 Beef N' Cheddar Nachos on Corn Chips Black Beans Corn Banana Milk</p>	<p>21 WG Chicken Patty Sandwich on WG Bun Mashed Sweet Potatoes Blueberries Fruit Slushie Milk</p>	<p>Thanksgiving Break No School</p>	
<p>26 Ravioli with WG Goldfish Crackers Peas & Carrots Mixed Fruit Milk</p>	<p>27 Pulled Pork Sandwich on WG Sub Bun Baked Beans Pickle Spear Grapes Milk</p>	<p>28 Italian Meatballs with WG Breadstick Green Beans Side Salad Strawberries Milk</p>	<p>29 Yogurt, String Cheese, & WG Goldfish Crackers Broccoli Pickle Spear Peaches Milk</p>	<p>30 WG French Bread Cheese Pizza Sweet Potato Fries Corn Applesauce Milk</p>

Meal Prices

Lunch: \$2.25
Reduced Lunch: \$0.40
Adult Lunch: \$3.00
Milk only: \$0.60

B Option

Monday- WG Chicken Nuggets
Tuesday- Beef & Cheddar Sandwich on WG Bun
Wednesday- Hot Dog on WG Bun
Thursday- Hamburger on WG Bun
Friday- No Alternate
*Grilled cheese sandwiches and chef salads are available daily as a C option.

All Centerville-Abington Community School lunch menus are in agreement with the Healthy Hunger-Free Kids Act of 2010. Nutrition Standards apply to all foods sold within the National School Lunch Program and all competitive foods sold as ala carte items.

You must be pre-approved to receive free or reduced price meals. Contact Wanda McConaha at 855-3475 or print the Application for Free and Reduced Meals from the school website. Completed applications can be turned in at the Admin Building, CAE main office, CAE cafeteria, or to your student's teacher.