



# Sanders Lunch Menu

November 2017

**30**  
**Cheesesteak melt**  
 Chicken Caesar wrap  
 Popcorn chicken salad w/goldfish

*side items*

**Fresh Fruit & Veg Bar**  
 Carrot coins

**31**  
**Soft Chicken & cheese tacos**  
 Chicken Caesar wrap  
 Popcorn chicken salad w/goldfish

*side items*

**Fresh Fruit & Veg Bar**  
 Baked vegetarian beans

**1**  
**Mini waffles w/omelet**  
 Chicken Caesar wrap  
 Popcorn chicken salad w/goldfish

*side items*

**Fresh Fruit & Veg Bar**  
 Celery sticks

**2**  
**Bacon & cheese quesadilla**  
 Chicken Caesar wrap  
 Popcorn chicken salad w/goldfish

*side items*

**Fresh Fruit & Veg Bar**  
 Local roasted potatoes

**3**  
**Cheese/Pepperoni pizza**  
 Chicken Caesar wrap  
 Popcorn chicken salad w/goldfish

*side items*

**Fresh Fruit & Veg Bar**  
 Green pepper strips

**6**  
**Bacon Grilled Cheese sandwich**  
 Three cheese sub  
 Tuna salad platter w/veg & pretzel

*side items*

**Fresh Fruit & Veg Bar**  
 Tater tots

**7**  
**Fish sticks w/Mac & cheese**  
 Three cheese sub  
 Tuna salad platter w/veg & pretzel

*side items*

**Fresh Fruit & Veg Bar**  
 Garden salad

**8**  
**Honey mustard chicken melt**  
 Three cheese sub  
 Tuna salad platter w/veg & pretzel

*side items*

**Fresh Fruit & Veg Bar**  
 Potato wedges

**9**  
**Chicken Tenders w/a breadstick**  
 Three cheese sub  
 Tuna salad platter w/veg & pretzel

*side items*

**Fresh Fruit & Veg Bar**  
 BBQ black beans

**10** No School

*side items*

**13**  
**Meatball Grinder**  
 Ham & cheese sub w/L&T  
 Chicken Caesar salad w/goldfish

*side items*

**Fresh fruit & veg bar**  
 Mashed potatoes

**14**  
**Pasta & meatsauce w/a breadstick**  
 Ham & cheese sub w/L&T  
 Chicken Caesar salad w/goldfish

*side items*

**Fresh Fruit & Veg Bar**  
 Green beans

**15**  
**Mini Waffles w/sausage**  
 Ham & cheese sub w/L&T  
 Chicken Caesar salad w/goldfish

*side items*

**Fresh Fruit & Veg Bar**  
 Carrot coins

**16**  
**Popcorn Chicken Bowl w/breadstick**  
 Ham & cheese sub w/L&T  
 Chicken Caesar salad w/goldfish

*side items*

**Fresh Fruit & Veg Bar**  
 Baked beans

**17**  
**Cheese/Pepperoni pizza**  
 Ham & cheese sub w/L&T  
 Chicken Caesar salad w/goldfish

*side items*

**Fresh Fruit & Veg Bar**  
 Spinach salad

**20**  
**Soft Beef & Cheese tacos**  
 Turkey sub w/L&T  
 Ham Chef's salad w/a roll

*side items*

**Fresh Fruit & Veg Bar**  
 Baked Fries

**21**  
**Sloppy Joe**  
 Turkey sub w/L&T  
 Ham Chef's salad w/a roll

*side items*

**Fresh Fruit & Veg Bar**  
 Cucumbers

**22**  
**Chicken Tenders w/a breadstick**  
 Turkey sub w/L&T  
 Ham Chef's salad w/a roll

*side items*

**Fresh Fruit & Veg Bar**  
 Cinnamon Sweet potatoes

**23** Thanksgiving

**24**

*side items*

**27**  
**Pizza sticks w/marinara**  
 Egg salad sub  
 Fruit, cheese, yogurt platter w/pretzel

*side items*

**Fresh Fruit & Veg Bar**  
 Corn

**28**  
**Orange Popcorn chicken w/rice**  
 Egg salad sub  
 Fruit, cheese, yogurt platter w/pretzel

*side items*

**Fresh Fruit & Veg Bar**  
 Red Pepper strips

**29**  
**Corn Dog**  
 Egg salad sub  
 Fruit, cheese, yogurt platter w/pretzel

*side items*

**Fresh Fruit & Veg Bar**  
 Steamed Zucchini

**30**  
**Macaroni & cheese**  
 Egg Salad Sub  
 Fruit, cheese, yogurt platter w/pretzel


*side items*


**Fresh Fruit & Veg bar**  
 BBQ beans


**1**  
**Cheese/Pepperoni pizza**  
 Egg salad sub  
 Fruit, cheese, yogurt platter w/pretzel

*side items*

**Fresh Fruit & Veg Bar**  
 Garden salad

 Daily menu includes your choice of chicken patty, burgers and daily menu choices.

 Local ingredients are always used when in season

 Ovo-Lacto Vegetarian, may contain Egg & Milk

*Nutritional Messages may vary by school.*

**Make your server aware of any food allergies**

**Free/Reduced Application**  
 Free/reduced applications are due now, available at CPSED.net



**Contact Us**  
 aramark@cpsed.net

 **Lunch Prices:**  
 Full pay 3.25, reduced .40 and milk .50.