November 2018 Menu
Emerson Middle

Al a carte Items

Salad Bar:
Fresh Seasonal Vegetables
Fresh Seasonal Fruit
Chocolate Pudding
Vanilla Pudding
Cottage Cheese
Hard Boiled Eggs
Mixed Salad Greens
Ranch Dressing
Caesar Dressing
Balsamic Vinaigrette Dressing
Croutons
Parmesan Cheese

Grill:
Curly Seasoned Fries
Cheeseburger
Hamburger
Bosco Sticks
Marinara Sauce
Breaded Chicken Sandwich
Pretzel
Churro

Crust:
Peperoni Pizza
Cheese Pizza
Sausage Pizza

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Soft Taco with Lime Cilantro Rice Burger Bar	2 French Toast Sticks with Cheesy Hashbrowns Nacho Bar
5 100% Beef Cheeseburger With Chips Pasta bar	6 TEACHER INSTITUTE No School in Attendance	7 Quest Plate Chicken tenders, mashed potatoes and Corn Boneless Wing Bar	8 Italian Beef Burger Bar	9 Sausage, Egg and Cheese Biscuit with Cheesy Hashbrowns Nacho Bar
12 Rosemary Grilled Chicken Roasted Red Potatoes Mixed Vegetables Pasta Bar	13 Meatball Sandwich Smiley Fries Burrito Bar	14 Chicken Sandwich Spicy OR Plain With Fries Boneless Wing Bar	15 Grilled Cheese with Tomato Soup Burger Bar	16 Belgium Waffles with Maple Syrup and Cheesy Hashbrowns Thanksgiving Meal

ALLERGENS: =Dairy | =Egg | =Gluten | =Peanuts | =Seafood | =Shellfish | =Soy | =Tree Nuts

November 2018 Menu
Emerson Middle

Al a carte Items continued

Crave:
Choc Chunk Muffin
Blueberry Muffin
Brownies
Cinnamon Rolls
Cookie
Yogurt Parfait
Pudding Parfait

Monday	Tuesday	Wednesday	Thursday	Friday
19 **PARENT/ TEACHER CONFERENCE** No School in Attendance	20 **PARENT/ TEACHER CONFERENCE** No School in Attendance	21 **THANKSGIVING RECESS** No School in Attendance	22 **THANKSGIVING DAY** No School in Attendance	23 **THANKSGIVING RECESS** No School in Attendance
26 **Baked Macaroni and Cheese** **Steamed Carrots** **Pasta Bar**	37 **Beef Tacos with Salsa** **Spanish Rice** **Burrito Bar**	28 **Quest Plate** **Boneless Wing Bar**	29 **Breaded Chicken Plain OR Spicy with Fries** **Burger Bar**	30 **Bacon, Egg and Cheese Biscuit with Cheesy Hashbrowns** **Nacho Bar**

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If you have questions or comments, please email Lindsey Borchers at: lborchers@d64.org .
For nutritional information please visit: questfmsnutrition.com
Menu changes may be necessary at times, please note nutritional needs will be assessed when making substitutions!