



Lucky Tray

Days

4th & 18th

Central Bucks School District Elementary School Lunch Menu November 2022

Money can be added to a student's account using

Myschoolbucks.com

1

Chicken & Cheese
or
Cheese Quesadilla ^V
~~~~~  
Pretzel & Yogurt Pack  
PB&J Pack  
Bagel Bundle  
Pineapple Tidbits  
Corn  
Choice of Milk

**2**

Plain Pizza <sup>V</sup>  
or  
Pepperoni Pizza  
~~~~~  
Pretzel & Yogurt Pack
PB&J Pack
Bagel Bundle
Mixed Fruit
Cucumbers
Choice of Milk

3

Chicken Parm Sandwich
Or
Chicken Patty Sandwich
~~~~~  
Pretzel & Yogurt Pack  
PB&J Pack  
Bagel Bundle  
Juicy Pears  
Celery Sticks  
Choice of Milk

**4**

**Lucky Tray Day**  
~~~~~  
Pizza Dippers ^V
With
Marinara sauce
~~~~~  
Pretzel & Yogurt Pack  
PB&J Pack  
Bagel Bundle  
Orange Smiles  
Green Beans  
Choice of Milk

**7**

Bacon, Egg & Cheese Bagel  
Or  
Egg & Cheese Bagel <sup>V</sup>  
~~~~~  
Chicken Caesar Salad
Ham & Cheese Sandwich
PB&J Pack
Applesauce
Carrots
Choice of Milk

8

Election Day
School
Is
Closed

9

Plain Pizza ^V
or
Chicken, Bacon Ranch Pizza
~~~~~  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
PB&J Pack  
Mixed Fruit  
Cucumbers  
Choice of Milk

**10**

Chicken & Rice  
with  
General Tso Sauce  
~~~~~  
Chicken Caesar Salad
Ham & Cheese Sandwich
PB&J Pack
Juicy Pears
Steamed Broccoli
Choice of Milk

11

Cheddar- Bacon Burger
Deluxe Gardenburger ^V
with
Crinkle Cut Fries
~~~~~  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
PB&J Pack  
Orange Smiles  
Carrot Stix  
Choice of Milk

**14**

Jumbo Waffles <sup>V</sup>  
warm Cinnamon apples  
&  
Sausage Patty  
~~~~~  
Chicken Salad Wrap
Muffin & Yogurt
PB&J Pack
Whole Apple
Carrots
Choice of Milk

15

Taco Tuesday
~~~~~  
Beef & Cheese Tacos  
or  
Bean & Cheese Tacos <sup>V</sup>  
~~~~~  
Chicken Salad Wrap
Muffin & Yogurt
PB&J Pack
Pineapple Tidbits
Black Beans
Choice of Milk

16

Plain Pizza ^V
or
Chicken Meatball Pizza
~~~~~  
Chicken Salad Wrap  
Muffin & Yogurt  
PB&J Pack  
Mixed Fruit  
Cucumbers  
Choice of Milk

**17**

Chicken Nuggets  
or  
Vegan Nuggets <sup>V</sup>  
~~~~~  
Chicken Salad Wrap
Muffin & Yogurt
PB&J Pack
Juicy Pears
Steamed Broccoli
Choice of Milk

18

Lucky Tray Day
~~~~~  
Jumbo Raviolis <sup>V</sup>  
with  
Chicken Meatballs & Marinara  
~~~~~  
Chicken Salad Wrap
Muffin & Yogurt
PB&J Pack
Juicy Pears
Grape Tomatoes
Choice of Milk

21

French Toast Sticks ^V
with
Smile Fries
~~~~~  
Fruit & Cheese Plate  
Caesar Salad  
PB&J Pack  
Applesauce  
Steamed Corn  
Choice of Milk

**22**

**Gobbler Feast**  
~~~~~  
Chicken Drumstick
Stuffing
Mashed Potatoes & Gravy
~~~~~  
Fruit & Cheese Plate  
Caesar Salad  
PB&J Pack  
Pineapple Tidbits  
Corn  
Choice of Milk

**23**

**In-Service**  
**Day**  
**No school**  
**For**  
**students**

**24**

**Holiday**  
**Break**  
**School**  
**Is**  
**Closed**

**25**

**Holiday**  
**Break**  
**School**  
**Is**  
**Closed**

**28**

Mini Pancakes <sup>V</sup>  
Crispy Bacon  
Hash Browns  
~~~~~  
BYO Pizza
PB&J Pack
Taco Salad
Apple Slices
Carrots
Choice of Milk

29

Nachos
Bean & Cheese ^V
Beef & Cheese
~~~~~  
BYO Pizza  
PB&J Pack  
Taco Salad  
Orange Smiles  
Mexi-Corn  
Choice of Milk

**30**

Plain Pizza <sup>V</sup>  
or  
Taco Pizza  
~~~~~  
BYO Pizza
PB&J Pack
Taco Salad
Mixed Fruit
Cucumber slices
Choice of Milk

Wellness tip of the month:

Calcium has many benefits. One of the most important benefits is bone health for growing children. The USDA recommends kids 4 to 8 years old need 1,000 mg of calcium a day (2-3 servings).

Lunch Prices: \$2.60 Full Free for Reduced

A reimbursable meal must include items from at least 3 food groups, one of those items must be a 4oz fresh vegetable and either 4oz of fresh fruit or 100% fruit juice to follow USDA guidelines for the NSLP. Any second entrée will be charged a la carte pricing to the students account.

Menu subject to change without notice due to product availability

Milk: All Choices are rBST Hormone Free:
Nonfat Flavored Chocolate OR 1% White

^V= Vegetarian

