



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 **V**  
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 **V**
~~~~~  
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 **V**
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 **V**  
~~~~~  
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 **V**  
~~~~~  
Chicken Salad Wrap
Muffin & Yogurt
PB&J Pack
Juicy Pears
Steamed Broccoli
Choice of Milk

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

**2** 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 **V**  
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 **V**  
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

