



November 28th- December 16th 2011

Del Mar Union School District Menu

Each entrée features milk, compostable packaging & utensils!

	Monday <u>November 28th</u>	Tuesday <u>November 29th</u>	Wednesday <u>November 30th</u>	Thursday <u>December 1</u>	Friday <u>December 2</u>
Option 1	BBQ Chicken with Mashed Potatoes (GF) Pretzels	Chinese Fried Rice with ABF Chicken Fresh Fruit of the Day	Pan-Seared Chicken Potstickers with Baby Carrots and Jasmine Rice Fresh Fruit of the Day	ABF Coleman Naturals Homemade Bagel Dog Crisp Coleslaw Fresh Fruit of the Day	Hand Rolled Painted Hills Beef Enchiladas with Mexican Rice (GF) Fresh Fruit of the Day
Option 2	Homemade Chicken Noodle Soup Fresh Fruit of the Day Pretzels	Handmade Bean and Cheese Burrito with Rice (Veg) Fresh Fruit of the Day	Barilla Whole Grain Penne with Meat Sauce Fresh Fruit of the Day	Barilla Whole Grain Spaghetti with ABF Chicken Meatballs in Marinara Sauce Fresh Fruit of the Day	ABF Ground Turkey Chili Mac with Elbow Noodles Fresh Fruit of the Day
	<u>December 5</u>	<u>December 6</u>	<u>December 7</u>	<u>December 8</u>	<u>December 9</u>
Option 1	BBQ Chicken Sandwich with Roasted Potatoes Fresh Fruit of the Day	Baked Chicken Tenders with Rice and Corn Fresh Fruit of the Day	ABF Coleman Naturals Cheeseburger on Whole Grain Bun Fresh Fruit of the Day	Pan-Seared Chicken Potstickers with Baby Carrots and Jasmine Rice Fresh Fruit of the Day	Three Bean Chili (Veg)(GF) Pretzels Fresh Fruit of the Day
Option 2	Genuine Annie's Mac and Cheese (Veg) Fresh Vegetable of the Day Fresh Fruit of the Day Honey Roasted Soy 'Nutz'	Cheese Tamale with Mild Mexican Rice (Veg) (GF) Fresh Fruit of the Day	Handmade Chicken Burrito with Fresh Salsa Fresh Fruit of the Day	Cheese Ravioli with Marinara Sauce Fresh Fruit of the Day	Barilla Whole Grain Spaghetti with Meat Sauce Fresh Fruit of the Day

Notes: Each day's menu is based on Enhanced Food-Based Menu Planning as determined by the USDA. Menu subject to change.

USDA and DMUSD are Equal Opportunity Providers and Employers

	Monday December 12	Tuesday December 13	Wednesday December 14	Thursday December 15	Friday December 16
Option 1	Hearty Meat Lasagna with Mozzarella Cheese Fresh Fruit of the Day	Baked Potato with Three Bean Chili (Veg) (GF) Pretzels	Genuine Annie's Mac and Cheese (Veg) Fresh Vegetable of the Day Fresh Fruit of the Day String Cheese	Coleman Naturals Gluten Free Chicken Strips with Potatoes (GF) Fresh Fruit of the Day	Barilla Whole Grain Baked Ziti with Mozzarella Cheese (Veg) Fresh Fruit of the Day
Option 2	ABF Chicken Chow Mein Fresh Fruit of the Day	Baked Chicken Tenders with Rice and Corn Fresh Fruit of the Day	Shepherd's Pie with Beef and Mashed Potatoes (GF) Parker's Crazy Crackers	Handmade Bean and Cheese Burrito with Rice (Veg) Fresh Fruit of the Day	ABF Chicken Fajita Platter with Mexican Rice (GF) Fresh Fruit of the Day

Veg= Vegetarian
GF= Gluten Free