

**November 2017**



**Lunch All meals served with milk: 1% White, Fat Free Chocolate**

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			<b>1</b> Corn Dog Tater Tots Steam. Broccoli Cookie Diced Pears	<b>2</b> Eagle Nachos Tossed Salad Refried Beans Applesauce	<b>3</b> BBQ Chicken Drummies/Roll Steamed Corn Baby Carrots Diced Peaches	<b>4</b>	
<b>5</b>	<b>6</b> Chicken and Noodles / Roll Mash. Potatoes Steam. Broccoli Tropical Fruit	<b>7</b> Smokies Mac-n-Cheese V. Juice/Peas Breadstick Fresh Grapes	<b>8</b> Hamburger Pattie / Fries Baked Beans Tomato Slice Mixed Fruit	<b>9</b> Frito Chili Pie w/ Corn Chips Tossed Salad Ch. Tomatoes Applesauce	<b>10</b> Chick. Wrap Steam. Rice Green Beans Steam. Carrots Diced Pears	<b>11</b>	
<b>12</b>	<b>13</b> Ham/Turkey Cheese Sand. Tater Tots Steam. Broccoli Apple Wedges	<b>14</b> Chili Saltine Cracker Baby Carrots Cinnamon Roll Diced Peaches	<b>15</b> Turkey Fritter / Roll Mash. Potatoes Gravy/G.Beans Mand. Oranges	<b>16</b> Cheese Breadsticks w/ Sauce / Salad Cucumber Sl. Applesauce	<b>17</b> Sloppy Jo Sandwich French Fries Refried Beans Fresh Grapes	<b>18</b>	
<b>19</b>	<b>20</b> Chicken Strips / Roll Tri-Tater Steam. Peas Diced Pears	<b>21</b> Cheese Pizza Baby Carrots Steamed Corn Mixed Fruit	<b>Happy Thanksgiving</b> 			<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> Hot Dog Baked Beans French Fries Diced Pears	<b>28</b> Chili Saltine Cracker Baby Carrots Cinnamon Roll Diced Peaches	<b>29</b> Chick. Fry Steak / Roll Mash. Potatoes Gravy/G.Beans Mand. Oranges	<b>30</b> Fiestada Pizza Tossed Salad Ch. Tomatoes Mixed Fruit			

The National School Lunch Program Guidelines require we offer each student 5 Food Components:

1. Meat/Meat Alternate (Proteins)
2. Grains
3. Vegetables
4. Fruits
5. Milk

Students are allowed to accept only 3 of the 5 required food components, one of which **has** to be a fruit or vegetable. **We encourage every student to take all the foods that are offered!!**

**This Institution is an Equal Opportunity Provider**

Any food item followed by an \* may contain Peanut Butter

Menu subject to change without notice