





**November 2018**



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> <b>NO SCHOOL</b>	<b>2</b> <b>NO SCHOOL</b>	<b>3</b>
<b>4</b>	<b>5</b> Mini Corn Dogs / Fries Green Beans Brownie * Diced Peaches	<b>6</b> Chicken Strips Mashed Potatoes Gravy / Roll Steamed Peas Mixed Fruit	<b>7</b> Taco and Cheese Burrito Refried Beans Steamed Corn Mand. Oranges	<b>8</b> Eagle Nacho Dip/Tortilla Chips Tossed Salad Baby Carrots Applesauce	<b>9</b> McRib Sandwich Tater Tots Steamed Broccoli Apple Wedges	<b>10</b>
<b>11</b>	<b>12</b> Biscuit and Gravy / Yogurt Eggs / Veg. Juice Tri-Tater Diced Pears	<b>13</b> Chicken and Noodles / Roll Mashed Potatoes Steamed Broccoli Pineapple Bits	<b>14</b> Hot Dog French Fries Baked Beans Cookie Fresh Grapes	<b>15</b> Fiestada Pizza Tossed Salad Cucumber Slices Mand. Oranges	<b>16</b> Chili Saltine Crackers Baby Carrots Cinnamon Roll Diced Peaches	<b>17</b>
<b>18</b>	<b>19</b> BBQ Chick. Drummies / Roll Potato Smiles Steamed Corn Applesauce	<b>20</b> Hamburger Pattie / Bun French Fries Green Beans Mixed Fruit	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> Chicken Fry Steak / Roll Mashed Potatoes Steamed Peas Diced Pears	<b>27</b> Chili Crisпитos w/Cheese Sauce Steamed Broccoli Steamed Corn Mand. Oranges	<b>28</b> Sloppy Jo Sandwich / Tots Refried Beans Cheerios Treat * Frozen Fruit Cup	<b>29</b> Cheese Breadsticks w/ Sauce / Salad Cucumber Slices Diced Peaches	<b>30</b> Chicken Nuggets / Roll French Fries Steamed Carrots Fresh Grapes	
						

**Thanksgiving**

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