

November 2019



Lunch

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 NO SCHOOL	2
3	4 BBQ Chick. Drummies/Roll Potato Wedges St. Broccoli R. Applesauce	5 Burrito Meat Tortilla / Cheese Refried Beans St. Corn/Apples Graham Cookie	6 Pork Pattie Mash. Potatoes Gravy / Roll Steamed Peas Diced Peaches	7 Cheese Breadsticks w/ Sauce / Salad Baby Carrots Diced Pears	8 Fiestada Pizza Green Beans Steamed Corn Froz. Fruit Cup	9
10	11 Hot Dog Baked Beans French Fries Fresh Grapes Brownie *	12 Chili Saltine Crackers Steamed Corn Cinnamon Roll Pineapple Bits	13 Ham Slice Mac-n-Cheese V.Juice/Carrots Breadstick Mixed Fruit	14 Pepperoni Pizza Tossed Salad Cucumber Sl. C. Applesauce	15 Chicken Strips / Roll Mash. Potatoes Gravy/Broccoli Mand. Oranges	16
17	18 Hamburger Pattie / Bun French Fries Green Beans Apple Wedges	19 Chicken & Noodles / Roll Mash. Potatoes St. Broccoli Diced Peaches	20 Fish Sticks Tri-Tater Steamed Corn Cookie Diced Pears	21 Eagle Nacho Dip / Chips Tossed Salad Refried Beans R. Applesauce	22 Corn Dog Tater Tots Baby Carrots Frozen Fruit Cup	23
24	25 Turkey Fritter / Roll Mash.Potatoes Gravy / Peas Pineapple Bits	26 Chicken Sandwich French Fries St. Carrots Mixed Fruit	27	28	29	30 

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