

November 2019

It's Time for Lunch!

LUNCH



Happy Thanksgiving !



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday



Tuesday

Wednesday

Thursday

Friday

Cheese Pizza
Broccoli Florets
Fresh Baby Carrots
Pineapple Tidbits
Milk Choice

4

Grilled Chicken Sandwich
Romaine Lettuce, Tomato Slice
Green Beans, Tropical Fruit
Milk Choice

5

Mini Meatball Sub
Potato Wedges
Tossed Salad
Banana
Milk Choice

6

Biscuit & Cream Gravy
Hash Brown Patty
Apple Quarters
Milk Choice
Sausage Patty 6th grade

7

White Chicken Chili
Corn Bread
Cherry Tomatoes
Cucumber Slices
Diced Peaches, Milk

8

Baked Chicken
Savory Rice
Fresh Broccoli Florets
Cherry Tomatoes
Diced Peaches, Milk Choice

11

Turkey & Cheese Sub
Leaf Lettuce, Tomato Slice
Bell Pepper Strips
Sweet Potato Tots
Orange Halves, Milk Choice

12

Chicken Tetrazzini
Tossed Salad
Baby Carrots
Garlic Bread
Fresh Grapes
Milk Choice

13

Sloppy Joe on a Bun
Tater Tots
Celery & Cucumber Slices
Apple Quarters
Milk Choice

14

No School Today

15

Bean and Beef Burrito
Tortilla Chips, Tomato Salsa
Romaine lettuce
Seasoned Corn, Apple,
Milk

18

Stromboli Squares
Garden Salad
Diced Peaches
Fresh Fruit Choice
Milk

19

Hamburger on a Bun
Leaf Lettuce, Tomato Slices
Bell Pepper Strips
Oven Fries
Banana, Milk Choice

20

Thanksgiving Dinner
Sliced Turkey
Mashed Potatoes & Gravy
Orange Halves
Pumpkin Bars, Milk

21

Grilled Chicken Sandwich
Baked Beans, Broccoli Florets
Tropical Fruit
Fresh Fruit Choice
Milk Choice

22

Pork Rib on a Bun
Lettuce & Tomato Slice
Sweet Potato Tots
Apple Quarters
Milk Choice

25

Corn Dog
Baked Beans
Tater Tots
Orange Halves
Snickerdoodle, Milk

26

No School Today

27

Thanksgiving Day!
No School Today

28

No School Today

29