













# November Lunch Menu:

All students will be offered 5 components at lunch: meat/protein, bread/grain, fruit, vegetables, and milk. Students **must** select a ½ cup serving of fruit or vegetable and two other components for lunch. Students may take all 5 components.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b>  <b>Cheese Pizza</b>  <b>Yogurt &amp; Graham Crackers</b>                      Carrot Nibbles                      Blueberries                      Ranch Dressing</p> 	<p><b>2</b>  <b>Turkey Tacos w/Cheese</b>  <b>Yogurt &amp; Graham Crackers</b>                      Broccoli                      Grapes                      Ranch Dressing                      Salsa</p>	<p><b>3</b>  <b>Chicken Sandwich</b>  <b>Yogurt &amp; Graham Crackers</b>                      Celery                      Strawberries                      Ranch Dressing</p> 	<p><b>4</b>  <b>Fish &amp; Chips</b>  <b>Yogurt &amp; Graham Crackers</b>                      Zucchini                      Apple Slices                      Ranch Dressing                      Tartar Sauce                      Catsup</p>	<p><b>5</b>  <b>Chicken Tostada w/Cheese</b>  <b>Yogurt &amp; Graham Crackers</b>                      Carrots                      Craisins                      Salsa</p> 
<p><b>8</b>  <b>Meatballs w/Dinner Roll</b>  <b>Yogurt &amp; Graham Crackers</b>                      Carrots                      Apple Slices                      Ranch Dressing                      Salsa</p> 	<p><b>9</b>  <b>Cheeseburger</b>  <b>Yogurt &amp; Graham Crackers</b>                      BBQ Beans                      Grapes                      Catsup</p>	<p><b>10</b>  <b>Combo Burrito</b>  <b>Yogurt &amp; Graham Crackers</b>                      Corn                      Craisins                      Salsa</p>		<p><b>REMINDER</b>  <b>NO SCHOOL</b></p>
<p><b>15</b>  <b>Macaroni &amp; Cheese w/Roll</b>  <b>Yogurt &amp; Graham Crackers</b>                      Carrot                      Mixed Fruit                      Ranch Dressing</p> 	<p><b>16</b>  <b>Mini Corndogs</b>  <b>Yogurt &amp; Graham Crackers</b>                      Zucchini                      Apple                      Catsup                      Mustard</p> 	<p><b>17</b>  <b>Teriyaki Chicken w/Oriental Rice</b>  <b>Yogurt &amp; Graham Crackers</b>                      Celery                      Grapes</p>	<p><b>18</b>  <b>Turkey Gravy w/Mashed Potatoes &amp; Roll</b>  <b>Yogurt &amp; Graham Crackers</b>                      Broccoli                      Sliced Apples                      Ranch Dressing</p>	<p><b>19</b>  <b>Pizza Hut Cheese Pizza</b>  <b>Yogurt &amp; Graham Crackers</b>                      Carrots                      Blueberries                      Ranch Dressing</p> 
<p><b>22</b></p> 	<p style="text-align: center;"><b>FALL BREAK</b></p>			
<p><b>29</b>  <b>Chicken Strips w/Belly Bears</b>  <b>Yogurt &amp; Graham Crackers</b>                      Carrots                      Apple Slices                      Ranch Dressing</p>	<p><b>30</b>  <b>BBQ Chicken Sandwich</b>  <b>Yogurt &amp; Graham Crackers</b>                      Broccoli                      Pears                      Catsup</p> 			

Menu subject to change without notice

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

\*Menu items may contain PORK