

# NOVEMBER 2022

## Lakewood City Schools K-5 Menu

### LUNCH



**Nutrition Fun Fact** – Did you know milk is a good source of protein and calcium? Protein helps us build our muscles and calcium helps maintain strong bones!

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

Parent Conferences  
No School!

7

PD Day  
No School!

8

Hamburger,  
Vegetarian Beans,  
Pineapple Tidbits,  
Milk

9

Chicken Nuggets,  
Cut Corn,  
Fruit Cocktail,  
Milk

10

**Veterans Day**  
Soft Shell Tacos,  
Carrots,  
Diced Pears,  
Milk

11

Chicken Nuggets,  
Broccoli Cuts,  
Mandarin Oranges,  
Milk

14

Pizza,  
Carrots,  
Diced Pears,  
Milk

15

Cheeseburger,  
Vegetarian Beans,  
Pineapple Tidbits,  
Milk

16

Maple Pancake Wrap,  
Potato Starz,  
Orange Juice,  
Milk

17

Stuffed Crust Pizza,  
Green Beans,  
Sliced Peaches,  
Milk

18

Grilled Chicken Sandwich,  
Broccoli Cuts,  
Mandarin Oranges,  
Milk

21

Pepperoni Pizza Ripper,  
Green Beans,  
Peaches,  
Milk

22

Thanksgiving Break!

23

Thanksgiving Break!

24



Thanksgiving Break!

25

Potato Crunch Fish Patty,  
Broccoli Cuts,  
Mandarin Oranges,  
Milk

28

Garden Salad w  
Sliced Chicken,  
Diced Pears,  
Baby Carrots,  
Milk

29

Hamburger,  
Vegetarian Beans,  
Pineapple Tidbits,  
Milk

30

