

# NOVEMBER Elem. Lunch

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.

**Yogurt & Graham Crackers Offered Daily** (Entrée Alternative)

**Fruit Variety Served Daily**

**1% white milk or Non-fat Chocolate milk offered daily**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Fish Sticks w/Cheez-Its</b> Celery Sticks Coleslaw Ranch Dressing	<b>4</b> <b>Beef Soft Tacos</b> Romaine Salad Seasoned Pinto Beans Ranch Dressing Verde Rebelde Salsa	<b>5</b> <b>Chicken Queso Blanco Nachos</b> Romaine Salad Carrot Sticks Ranch Dressing Salsa <i>National Nacho Day!</i>	<b>6</b> <b>Spaghetti &amp; Meatballs w/Bread Stick</b> Romaine Salad ½ c Canned Corn Ranch Dressing	<b>7</b> <b>Cheeseburgers</b> Romaine Salad Grape Tomatoes Ranch Dressing Catsup Mustard
<b>10</b> <b>NO SCHOOL</b>	<b>Veterans Day</b>	<b>12</b> <b>Chicken Strips w/Stars</b> Carrot Sticks Jicama Sticks Ranch Dressing Catsup <i>Salute a Veteran!</i>	<b>13</b> <b>Pork Rib-B-Q</b> BBQ Beans Green Beans Ranch Dressing World Kindness Day	<b>14</b> <b>Creamy Alfredo Penne Pasta w/ Bread Stick</b> Romaine Salad Grape Tomatoes Ranch Dressing
<b>17</b> <b>Cowboy Chili Cheese Fries w/Belly Bears</b> Shredded Lettuce Grape Tomatoes Salsa Ranch Dressing	<b>18</b> <b>Teriyaki Chicken w/Rice</b> Romaine Salad Fresh Broccoli Ranch Dressing	<b>19</b> <b>Turkey Gravy w/ Mashed Potato &amp; Roll</b> Pumpkin Custard Romaine Salad Green Beans Ranch Dressing	<b>20</b> <b>Papa John's Cheese Pizza</b> Romaine Salad Carrot Sticks Ranch Dressing	<b>21</b> <b>Turkey Shaped Nuggets w/Roll</b> BBQ Beans Steamed Corn Catsup Ranch Dressing

This Institution is an Equal Opportunity Provider.



Fall Break: November 24 - 28