LMES Lunch

Cafeteria Manager: Keysa Bice, 706-857-6130
School Nutrition Director: Brandie Wooten, 706-859-3054

NOVEMBER 2026

The Harvest of the Month for November is Sweet Potatoes. Do you know the difference in sweet potatoes and yams? Sweet potatoes have a smooth skin and soft, sweet flesh. Yams are drier, and are native to Africa and Asia. Most "yams" sold in grocery stores in the U.S. are actually sweet potatoes.

Tue	Wed	Thu	Fri
3 Corndog (1, 2, 4, 5) Potato Smiles Carrots w/ Ranch (1, 2) Fruit & Choice of Milk (1)	4 Pizza (1, 4, 5) Corn on the Cob Veggie Cup w/ Ranch (1, 2) Fruit & Choice of Milk (1)	5 Hamburger (5) OR Cheeseburger (1, 5) Fries Baked Beans Fruit & Choice of Milk (1)	6 Homestyle Taco (4, 5) OR Burrito (1, 5) Chips w/ Salsa Lettuce/Tomato/Queso (1) Spanish Rice Fruit & Choice of Milk (1)
10 Chili (4) w/ Crackers (5) Cinnamon Roll (1, 4, 5) Tater Tots Side Salad w/ Dressing (1, 2) Fruit & Choice of Milk (1)	11 PB&J w/ String Cheese (1, 3, 5) OR Grilled Cheese (1, 5) Fries Veggie Cup w/ Ranch Fruit & Choice of Milk (1)	12 Fish (7, 8) Hushpuppies (1, 2, 4, 5) Baked Beans & Chips (1, 4) Fruit & Choice of Milk (1)	13 BBQ Sandwich (4, 5, 9) Sweet Potato Fries Slaw (2) Pickles Fruit & Choice of Milk (1)
17 Chicken Tenders (1, 5) w/ Roll (2, 4, 5) Green Beans Mashed Potatoes w/ Gravy (1) Cookie Fruit & Choice of Milk (1)	18 Cheesy Bites w/ Marinara (1, 4, 5) Side Salad w/ Dressing (1, 2) Cooked Carrots Fruit Choice of Milk (1)	19 Chicken Sandwich (1, 4, 5, 9) OR Spicy CK Sandwich (1, 4, 5, 9) Roasted Potatoes Lettuce/Tomato Carrots w/ Ranch (1, 2) Fruit & Choice of Milk (1)	20 Chicken Nuggets (1, 5) OR Spicy Nuggets (5) Pinto Beans Cornbread (1, 2, 5) Fruit & Choice of Milk (1)
24 THANKSGIVING BREAK	25 THANKSGIVING BREAK	26 THANKSGIVING BREAK	27 THANKSGIVING BREAK

Notes



Harvest of the Month:
Sweet Potatoes



Some menu items may contain allergens. The following will be used to indicate the presence of allergens in foods:
(1) Milk (2) Egg (3) Peanut (4) Soy (5) Wheat (6) Tree Nut (7) Shellfish (8) Fish (9) Sesame

Chattooga County School District is participating in CEP (Community Eligibility Provision). All students eat at no charge to families. However, there *is* a charge for extra items and snack items. To add money to your student's account, visit www.linqconnect.com

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