LES Lunch

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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 Meatball Sub (1, 4, 5) OR Philly Cheesesteak Sub (1, 4, 5) Potato Wedges Side Salad w/ Dressing (1, 2) Fruit & Choice of Milk (1)	4 Potato Soup w/ Crackers (5) OR Chili (4) w/ Crackers (5) Corn Veggie Cup w/ Ranch (1, 2) Fruit & Choice of Milk (1)	5 Chicken (1, 5) Mashed Potatoes (1) Pintos w/ Cornbread (1, 2, 5) Fruit Choice of Milk (1)	6 PB&J w/ String Cheese (1, 3, 5) OR Grilled Cheese (1, 5) Vegetable Soup Goldfish Crackers (1, 5) Broccoli w/ Cheese (1) Fruit & Choice of Milk (1)
10 Chicken Alfredo (1, 2, 5) Garlic Bread (5) Broccoli w/ Cheese (1) Side Salad w/ Dressing (1, 2) Fruit & Choice of Milk (1)	11 Pizza (1, 4, 5) Side Salad w/ Dressing (1, 2) Corn Snack Pack Carrots Fruit & Choice of Milk (1)	12 Spaghetti (5) w/ Garlic Bread (5) OR Philly Cheesesteak Sub (1, 4, 5) Glazed Carrots Seasoned Potatoes Fruit & Choice of Milk (1)	13 BBQ Sandwich (4, 5, 9) OR Chicken Sandwich (1, 4, 5, 9) Slaw (2) Chips (1, 4) & Baked Beans Fruit & Choice of Milk (1)
17 Homestyle Taco (4, 5) OR Burrito (1, 5) Refried Beans & Corn Fruit Choice of Milk (1)	18 THANKSGIVING MEAL: Ham & Roll (2, 4, 5) OR Chicken Sandwich (1, 4, 5, 9) Green Beans & Mashed Potatoes (1) Mac n' Cheese (1, 2, 5) Dessert Fruit & Choice of Milk (1)	19 Hot Pocket (1, 2, 4, 5) OR Cheesy Bites w/ Marinara (1, 4, 5) Side Salad w/ Dressing (1, 2) Cooked Carrots Fruit & Choice of Milk (1)	20 Chili (4) w/ Crackers (5) Cinnamon Roll (1, 4, 5) Sweet Potato Tots Broccoli w/ Cheese (1) 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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