-Meals are Free to anyone 18 or under
-All meals must be eaten on site

Southview Middle School November Dinner Menu

Served Tuesday, Wednesday, and Thursday 3:45pm-5:15pm on school days

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO Service	3 NO School	4 **Entrée:** Chicken Drumstick w/ Roll (2.5oz equiv. MMA & 2oz Equiv. of grain) **Fruit:** Orange or Juice (1/2 cup equiv.) **Vegetable**: Mashed Potatoes with Gravy (1/2 cup equiv.) **Milk**: Choice of Milk (8oz)	5 **Entrée**: Penne with Meatballs (2oz equiv. of MMA and 2oz equiv. of grain) **Fruit:** Apple or Juice (1/2 cup equiv.) **Vegetable** Side Salad (½ cup equiv.) **Milk: Choice of** Milk (8oz)	6 NO Service
9 NO Service	10 **Entrée**: Hamburger or Cheeseburger (2oz equiv. of MMA & 2oz equiv. of **grain)** **Fruit**: Banana or Juice (½ cup equiv.) **Vegetable**: Baked Beans (½ cup equiv.) **Milk**: Choice of Milk (8oz)	11 **Entrée:** Orange Chicken w/ Rice(2oz equiv. MMA & 2oz Equiv. of grain) **Fruit:** Orange or Juice (1/2 cup equiv.) **Vegetable**: Peas & Carrots (1/2 cup equiv.) **Milk**: Choice of Milk (8oz)	12 **Entrée**: Lasagna Roll-Ups (2oz equiv. of MMA and 1oz equiv. of grain) **Fruit:** Apple or Juice (1/2 cup equiv.) **Vegetable** Side Salad (½ cup equiv.) **Milk: Choice of** Milk (8oz)	13 NO Service
16 NO Service	17 **Entrée**: Hamburger or Cheeseburger (2oz equiv. of MMA & 2oz equiv. of **grain)** **Fruit**: Banana or Juice (½ cup equiv.) **Vegetable**: Baked Beans (½ cup equiv.) **Milk**: Choice of Milk (8oz)	18 **Entrée:** Orange Chicken w/ Rice(2oz equiv. MMA & 2oz Equiv. of grain) **Fruit:** Orange or Juice (1/2 cup equiv.) **Vegetable**: Peas & Carrots (1/2 cup equiv.) **Milk**: Choice of Milk (8oz)	19 **Entrée**: Lasagna Roll-Ups (2oz equiv. of MMA and 1oz equiv. of grain) **Fruit:** Apple or Juice (1/2 cup equiv.) **Vegetable** Side Salad (½ cup equiv.) **Milk: Choice of** Milk (8oz)	20 NO Service
23	24	25	26	27
30 NO Service	Thanksgiving Break			

-Remember you must take a fruit, vegetable, or juice to complete your meal
-All bread/grains items are 50% whole grain!
-Fat-Free Chocolate and Low-Fat White Milk available daily

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