

November 2015

COVINGTON COUNTY SCHOOLS



School Holidays: November 11th-Veteran's Day
November 23-27th- Thanksgiving Holidays



Nutrition Tip: Increase veggie intake. Here are some ideas:

- Double the vegetables prepared for dinner and use leftovers in future meals
- Stuff leftover asparagus or peas with sliced turkey and cheese into a pita.
- Stock up on frozen and canned vegetables for quick additions to meals.

Monday

Tuesday

Wednesday

Thursday

Friday

Hamburger Steak & Gravy **2**
Roll / Carrots
Parsley Potatoes
Pineapple Tidbits
Chocolate Cake
Milk

BBQ Chicken **3**
Roll
Green Lima Beans
Broccoli & Cheese
Orange Halves
Milk

Chicken Teriyaki **4**
Rice
Broccoli
Corn on the Cob
Roll
Fruit Cocktail / Milk

Baked Pork Chops **5**
Hushpuppies
Baked Sweet Potato
Green Beans
Fruit Cocktail
Milk

Hamburger **6**
Corn
Baked Beans
Sliced Peaches
Milk

Meatballs with Gravy **9**
Rice
Broccoli
Corn on the Cob
Roll / Fruit Cocktail
Milk

Chicken Filet Sandwich **10**
Green Beans
Sweet Potato Fries
Mandarin Oranges
Milk

Holiday **11**

Ranch Baked Chicken **12**
Turnips
Blackeye Peas
Macaroni & Cheese
Bananas
Milk

Lasagna **13**
Romaine Salad
Mixed Vegetables
Roll
Apple Quarters
Milk

Chicken Fajita Wrap **16**
Corn
Green Beans
Pineapple Tidbits
Milk

Meatball Sub **17**
Nacho Cheese Doritos
Romaine Salad
Sliced Carrots
Bananas
Milk

Pepperoni Pizza **18**
Broccoli
Corn on the Cob
Sliced Peaches
Milk

Baked Chicken **19**
Roll
Sweet Potatoes
Turnips
Fruit Cocktail
Milk

Hot Dog **20**
Baked Beans
Tossed Salad
Orange Halves
Cookie
Milk

Holiday **23**

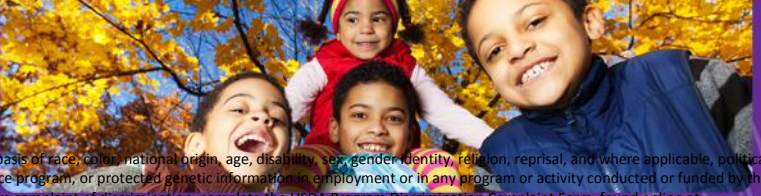
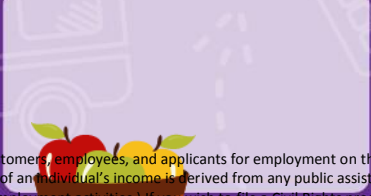
Holiday **24**

Holiday **25**

Holiday **26**
Happy Thanksgiving

Holiday **27**

Mozzarella Cheese Stick **30**
Italian Mixed Vegetables
Corn
Sliced Peaches
Cake
Milk



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