

NOVEMBER 2018

Elementary Lunch Menus

Monday

Tuesday

Wednesday

Thursday

Friday

Did You Know...

Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

Elementary schools are serving lunch at **NO** cost to our students!

Join us for a 5 Star Lunch

A five Star Meal includes one choice from each Food Group. A nutritious, balanced diet for students should include whole grains, fruits, vegetables, lean meat, beans, nuts and low-fat dairy products.

Eating smart and moving more is the cornerstone of a healthy lifestyle and provides a solid foundation for children and youth to succeed in school and in life.

Market conditions, delivery and/or availability of food may require a change in menus.

"This institution is an equal opportunity provider and employer."

5
Professional Development Day
No School

6
Election Day
No School

7
Chicken Tenders
Toasted Grilled Cheese
Crisp Chef Salad
Divine Dinner Roll
Creamed Potatoes
Gorgeous Green Beans
Perfect Peaches
Frozen Fruit Cup

8
Baked Spaghetti
Ham & Cheese Slider
Crisp Chef Salad
Garlic Bread Stick
Romaine Garden Salad
Bright Broccoli w/ Sauce
Fresh Pineapple Slices
Mixed Up Fruit Cup

9
French Bread Pizza
Pepperoni or Cheese
Yogurt Meal
Broccoli w/ Sauce
Romaine Garden Salad
Fruity Fruit Juice
Mixed Up Fruit Cup

12
Deluxe Dill Chicken Sandwich
Yogurt Meal
Crispy Baked Fries
Lettuce & Tomato
Frozen Fruit Slushie
Fresh Citrus Wedges

13
Ham & Cheese on Bun
Turkey & Cheese Croissant
Crisp Chef Salad
Baked Dorito's
Lettuce & Tomato
Fresh Veggies w/ Dip
Red Strawberry Cup

14
Thanksgiving Meal
Turkey & Gravy w/ Roll
Grilled Cheese
Rice & Cornbread Dressing
Green Beans
Candied Yams
Fruit Cocktail
Cranberry Sauce

15
Chicken & Noodles
Ham & Cheese on Bun
Chef Salad
Dinner Roll
Breaded Okra
Broccoli w/ Cheese Sauce
Frozen Fruit Cup
Fresh Fruit Wedges

16
Cheese or Pepperoni Pizza Slice
Go Big Yogurt Meal
Buttered Corn
Romaine Garden Salad
Fruity Fruit Juice
Mixed Fruit Cup

19
Hot Dog w/ Chili
Rib-E-Que on Bun
Crisp Chef Salad
Creamy Coleslaw
Crispy Baked Fries
Mixed Up Fruit Cup
Cinnamon Apple Cobbler

20
Potato Bowl w/ Diced Ham & Cheese
Turkey & Cheese Croissant
Crisp Chef Salad
Garlic Breadstick
Corn / Broccoli w/ Sauce
Applesauce / Peaches

21
Thanksgiving Holiday
No School

22
Thanksgiving Holiday
No School

23
Thanksgiving Holiday
No School

26
Cheeseburger
Yogurt Meal
Lettuce & Tomato Slice
Baked Beans
Emoji Smile Potatoes
Fresh Fruit Wedges
Cool Tropics Fruit

27
Nacho Scoops
Loaded Baked Potato w/ Breadstick
Crisp Chef Salad
Lettuce, Tomato & Salsa
Buttered Corn
Terrific Black Bean
Mixed Fruit Cup/ Peaches

28
Chicken & Noodles
Toasted Grilled Cheese
Crisp Chef Salad
Bread Stick
Romaine Salad
California Blend
Perfect Fruit Crisp
Fresh Kiwi Wedges

29
Kickin Chicken Rings
Beef Teriyaki Bites
Crisp Chef Salad
Divine Dinner Roll
Creamed Potatoes
Gorgeous Green Beans
Diced Pear Cup
Perfect Peaches

30
Corn Dog
BBQ Pork on Bun
Crisp Chef Salad
Tater Tots
Best Baked Beans
Mixed Up Fruit Cup
Frozen Fruit Slushie
Birthday Mini Ice Cream