

**November 2016 K-8 Lunch
Mobile County Public School System**

Unflavored low fat , unflavored skim , chocolate or strawberry milk available with each meal. Must offer 1/2 cup fresh or canned fruit or 1/4 cup dried fruit and 100% fruit juice daily. Menus are subject to change due to deliveries & commodities.

Week	A	B	C	D	E
3		1 Beef Meatball (4) Sub on Hot Dog Bun Green Beans Caesar Salad Fruit: Canned or Frozen or Dried	2 Gumbo with Brown Rice Potato Salad Carrots Hushpuppies (2) Fresh Fruit	3 Deli Sandwich or Wrap (Hamburger Bun or Tortilla) Romaine Leaf, Sliced Tomato Sweet Potatoes Sun Chips Fruit: Canned or Frozen or Dried	4 Fish Nuggets (5) Baked Beans Broccoli Roll Fresh Fruit Fruit: Canned or Frozen or
4	7 Salisbury Steak Brown Gravy Creamed Potatoes Sweet Peas Roll Fresh Fruit Fruit: Canned or Frozen or Dried	8 Baked Chicken or Chicken Drum- mies (3) Lima Beans Sweet Pota- toes Cornbread (2 oz.) Fruit: Canned or Frozen or Dried Juice	9 Chili Cheese Dog on Bun Baked Beans Coleslaw Rice Krispy Treat Fresh Fruit Fruit: Canned or Frozen or Dried	10 Pizza Broccoli Whole Kernel Corn Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice	11 Veteran's Day
5	14 Corn Dog Sweet Potatoes Sweet Peas Graham Crackers Fresh Fruit	15 Chili Crisпитos (2) OR Cheese & Chicken Fiesta Stix (2) Cheese/Sour Cream/Taco Sauce Pinto Beans Whole Kernel Corn Fruit: Canned or Frozen or Dried	16 Asian Chicken Asian Fried Brown Rice Vegetable Egg Roll Broccoli Fresh Fruit	17 Meat Sauce with Pasta Green Beans Caesar Salad Roll Mini Fruit Pocket Fruit: Canned or Frozen or Dried	18 Cheeseburger on Hamburg- er Bun Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes Carrots Fresh Fruit
	21	22	23	24	25
Thanksgiving Holiday Week					
1	28 Breaded OR Grilled Chicken Patty OR Fillet Creamed Potatoes Brown Gravy Sweet Peas Hushpuppies (4) Fresh Fruit Fruit: Canned or Frozen or Dried	29 Pizza Green Beans Carrots Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice	30 BBQ Beef OR Pork Patty on Hamburger Bun Broccoli Sweet Potatoes Fresh Fruit Fruit: Canned or Frozen or Dried		