

K-8 Lunch Menu November 2017

Mobile County Public School System

Unflavored low fat , unflavored skim , chocolate or strawberry milk available with each meal.

Menus are subject to change due to deliveries & commodities.

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Week	A	B	C	D	E
Week 3			<p>1 Soup: Potato Bacon, Chicken Vegetable or Beef Vegetable Broccoli Mozzarella Cheese Sticks Fresh Fruit Fruit: Canned or Frozen or Dried</p>	<p>2 Baked Chicken Lima Beans Sweet Potatoes Roll/ Animal Crackers Juice Fruit: Canned or Frozen or Dried</p>	<p>3 Cheeseburger (Romaine Leaf, Sliced Tomato, Pickles) Oven Potatoes Peas and Carrots Fresh Fruit</p>
Week 4	<p>6 Corndog Sweet Potatoes Sweet Peas Fresh Fruit Fruit: Canned or Frozen or Dried</p>	<p>7 Lasagna Rolls (2) Green Beans Caesar Salad Juice Fruit: Canned or Frozen or Dried</p>	<p>8 Chicken and Brown Rice with Gravy Broccoli Carrots Roll Fresh Fruit Fruit: Canned or Frozen or Dried</p>	<p>9 Chili Crispito Cheese/SourCream/Taco Sauce Whole Kernel Corn Pinto or Black Beans Juice Fruit: Canned or Frozen or Dried</p>	<p>10 <i>Veterans Day</i></p>
Week 5	<p>13 Pizza Green Beans Carrots Romaine garden Salad Fresh Fruit Fruit: Canned or Frozen or Dried</p>	<p>14 Cheeseburger (Romaine Leaf, Sliced Tomato, Pickles) Oven Potatoes Peas and Carrots Juice Fruit: Canned or Frozen or Dried</p>	<p>15 Shepard's Pie Broccoli Biscuit Graham Crackers Fresh Fruit Fruit: Canned or Frozen or Dried</p>	<p>16 Chicken Gumbo with Brown Rice Corn on the Cob Carrots Okra Hushpuppies (2) Juice Fruit: Canned or Frozen or Dried</p>	<p>17 Chicken Bites(6) Sweet Potatoes Baked Beans Brownie Fresh Fruit Fruit: Canned or Frozen or Dried</p>
	<h2 style="font-size: 2em;">Thanksgiving Holidays</h2>				
Week 1	<p>27 Breaded OR Grilled Chicken Patty OR Fillet Creamed Potatoes Brown Gravy Sweet Peas Hushpuppies (4) Fresh Fruit Fruit: Canned or Frozen or Dried</p>	<p>28 Pizza Green Beans Carrots Romaine Garden Salad Fruit: Canned or Frozen or Dried Juice</p>	<p>29 Chicken Sandwich on Bun Broccoli Sweet Potatoes Chips Fresh Fruit Fruit: Canned or Frozen or Dried</p>	<p>30 Taco Meat Tortilla Chips (10) Brown Rice Cheese/Sour Cream/Taco Sauce Chopped Romaine (1/2 cup) Diced Tomatoes (1/4 cup) Whole Kernel Corn Juice Fruit: Canned or Frozen or Dried</p>	