



November 2011

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Weekly Avg
	1 No School All Saints Day	2 Mostaccoli Bread stick Green beans Fruit	3 Chicken Nuggets Cheesy potato Broccoli Fruit	4 Brown Bag lunch Cheeseburger Carrots Chips Animal crackers Apple slices	Cal. (g) 0 T. Fat(g) 0 S.Fat(g) 0 Chol(mg) 0 Sodm (mg) 0 Carb(g) 0 Fiber(g) 0 Prtn.(g) 0
7 Chicken patty on bun Lettuce/tomato Baked beans Applesauce cup Fruit	8 Hot ham & cheese Tater tots Sherbert Fruit	9 3-way chili Cheese cup Oyster crackers Green beans Fruit	10 Pepperoni pizza Salad/dressing Browies Fruit	11 Turkey, bacon & cheese wrap Vegetable soup Oyster crackers Fruit	Cal. (g) 0 T. Fat(g) 0 S.Fat(g) 0 Chol(mg) 0 Sodm(mg) 0 Carb(g) 0 Fiber(g) 0 Prtn(g) 0
14 Chicken & noodles Roll Peas Fruit	15 Hot dog on bun Chips Carrots Dip Fruit	16 Hard/soft tacos Lettuce/tomato/sour cream Cheese Chips & salsa Fruit	17 Sliced turkey & gravy, stuffing Mashed potatoes Carrots Pumpkin pie Fruit	18 Cheese pizza Corn Fruit	Cal. (g) 0 T. Fat(g) 0 S.Fat(g) 0 Chol(mg) 0 Sodm(mg) 0 Carb(g) 0 Fiber(g) 0 Prtn(g) 0
21 Ravioli Cheese stick Green beans Fruit	22 Chicken fingers Mashed potatoes Vegetable medley Fruit	23 No School Thanksgiving Break	24 No School Thanksgiving Break	25 No School Thanksgiving Break	Cal. (g) 0 T. Fat(g) 0 S.Fat(g) 0 Chol(mg) 0 Sodm(mg) 0 Carb(g) 0 Fiber(g) 0 Ptn(g) 0
28 Corn dogs Spaghetti O's Carrots & dip Gogurt Fruit	29 Chicken & cheese quesadilla Rice Corn Salsa, sour cream Fruit	30 Scrambled eggs Sausage & pancake on a stick Baked apples Syrup Fruit			Cal. (g) 0 T. Fat(g) 0 S.Fat(g) 0 Chol(mg) 0 Sodm(mg) 0 Carb(g) 0 .Fiber(g) 0 Prtn(g) 0

All lunches include a choice of white milk, strawberry milk, chocolate milk or orange juice. Peanut butter and jelly or plain peanut butter sandwich are offered daily