
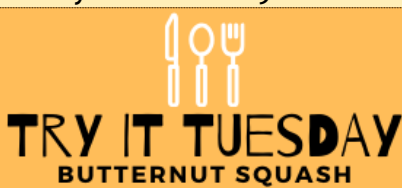



# November 2019 K-8 School Lunch Menu

Student Meal \$3.00 / Reduced Meal \$0.40 / Adult Meal \$4.00

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOV. 1	<p><i>This month's "Try It Tuesday" is butternut squash! It is a winter squash that grows on a vine and has a sweet, nutty taste similar to that of a pumpkin. Butternut squash is an excellent source of vitamin A, vitamin C, and fiber. Try some on Nov. 19th!</i></p>  		<p><b>HARVEST OF THE MONTH: Sweet Potato</b></p> <p>Sweet potatoes are in season and featured several times on this month's menu. Sweet potatoes are a root vegetable high in vitamin A and potassium. Sweet potatoes grow underground and favor hot, moist temperatures like here in Georgia. Ocilla, GA is home to the annual Georgia Sweet Potato Festival that has been celebrated since the 1960s!</p> <p><b>Add to your tray on:</b> Nov. 4th Nov. 7th Nov. 12th Nov. 21st</p> 		<p>Fish &amp; Grits Grilled Cheese Yogurt, Cheese, &amp; Fruit Plate</p> <p>Vegetable Soup Sautéed Summer Squash Sliced Peaches Fresh Banana</p>
NOV. 4-8	<p>Chicken Nuggets &amp; Dinner Roll Chicken &amp; Cheese Taquitos PB, Cheese, &amp; Fruit Plate</p> <p><b>Sweet Potato Puffs</b> Celery Sticks with Ranch Warm Peach and Pear Compote Lime Applesauce</p>	<p>BBQ Roasted Chicken &amp; Garlic Knot Chicken Noodle Soup &amp; Sandwich Ham &amp; Cheese Chef Salad</p> <p>Green Beans Buttered Corn Pears &amp; Cherries 100% Fruit Juice</p>	<p>Salisbury Steak &amp; Breadstick BBQ Nachos Yogurt, Cheese, &amp; Fruit Plate</p> <p>Mashed Potatoes Sautéed Mushrooms Peaches &amp; Cream Fruited Gelatin</p>	<p>Eggs, Sausage, &amp; Jelly Biscuit Red &amp; Blue Yogurt Parfait Cheesy Breadstix &amp; Marinara Sauce</p> <p><b>Roasted Sweet Potatoes</b> Green Peas Mandarin Oranges Pineapple Cup</p>	<p>Wild West BBQ Sandwich Turkey &amp; Cranberry Chef Salad PBJamwich</p> <p>Baked Beans Broccoli with Cheese Sauce Raisels Sour Raisins Strawberry Cup</p>
NOV. 11-15	<p><b>VETERANS DAY</b> No School</p>	<p>Pizza Brioche Chicken Sandwich PB, Cheese, &amp; Fruit Plate</p> <p>Lima Beans <b>Sweet Potato w/ Cinnamon Butter</b> Fresh Grapes Mixed Berry Fruit Cup</p>	<p>Bacon Cheeseburger Chicken Scampi with Breadstick Ranch Chicken Chef Salad with Breadstick</p> <p>French Fries Lettuce/Tomato/Pickles Orange Wedges Fruit Cocktail</p>	<p>Chili Cheese Hot Dog Turkey &amp; Rice with Breadstick PBJamwich</p> <p>Buffalo Cauliflower Bites Fried Okra Pineapple Cup Cinnamon Applesauce</p>	<p>Chik 'N Waffles Beef Tacos Egg &amp; Cheese Chef Salad</p> <p>Tostitos Scoops Cheesy Bean Dip Roasted Red Potatoes 100% Fruit Juice Grapefruit Wedges</p>
NOV. 18-22	<p>Pizza Chicken Broccoli Alfredo w/ Garlic Toast Ham &amp; Cheese Chef Salad</p> <p>Roasted Squash Medley Corn on the Cob Limeade Fruit Salad Apple Slices</p>	<p>Nachos Warm Ham &amp; Cheese Croissant PB, Cheese, &amp; Fruit Plate</p> <p>Mexican Rice Black Beans and Salsa <b>Butternut Squash</b> Fresh Pears Strawberry Applesauce</p>	<p>Spaghetti with Garlic Toast Chicken Tenders with Garlic Toast Yogurt, Cheese, &amp; Fruit Plate</p> <p>Kale &amp; Apple Salad Waffles Fries w/ Sriracha Ketchup Cool Tropics Fruit Slush Mandarin Oranges</p>	<p>Turkey &amp; Gravy Baked Ham</p>  <p>Cornbread Dressing <b>Glazed Sweet Potatoes</b> Green Beans * Dinner Roll Peach Crisp * Pears &amp; Cherries Cranberry Sauce</p>	<p>Oven Fried Chicken &amp; Dinner Roll Catfish Po'Boy PBJamwich</p> <p>Collard Greens Twice Baked Potatoes Peach Cup 100% Fruit Juice</p>

This institution is an equal opportunity provider.  
Menu subject to change.