






November 2018 K-8 School Lunch Menu
 Student Meal \$2.25 / Reduced Meal \$0.40 / Adult Meal \$3.50

	Monday	Tuesday	Wednesday	Thursday	Friday
November 1 - 2	<p align="center">This month's "TRY IT TUESDAY" item features butternut squash! This winter squash is packed full of Vitamin A, fiber, and carotenoids.</p>  			<p align="center">Pizza Chicken Pot Pie PBJamwich</p> <p align="center">Herbed Broccoli Roasted Red Potatoes Cinnamon Apples with Cranberries Pears & Cherries</p>	<p align="center">Chick 'N Waffles Fajita Glazed Fish Taco Turkey & Cranberry Chef Salad</p> <p align="center">Tostitos Scoops Cheesy Bean Dip Okra & Tomatoes Fruit Cocktail Applesauce</p>
November 5 - 9	<p align="center">Pizza Chicken Broccoli Alfredo with Garlic Toast Ham & Cheese Chef Salad with Garlic Toast</p> <p align="center">Tomato Basil Zucchini Cherry Tomato & Corn Salad Limeade Fruit Salad Pear Cup</p>	<p align="center">Nachos Con Queso Quesadilla Peanut Butter, Cheese, & Fruit Plate</p> <p align="center">Mexican Rice Ranch Beans Buffalo Cauliflower Bites Apple Slices 100% Fruit Juice</p>	<p align="center">Macaroni & Ham Casserole with Breadstick Chicken Swirl Sandwich Fajita Chicken Chef Salad with Breadstick</p> <p align="center">Carrot Soufflé Mixed Vegetables Fresh Pear Pineapple & Cherries</p>	<p align="center">Spaghetti with Garlic Toast Chicken Tenders with Garlic Toast Yogurt, Cheese, & Fruit Plate</p> <p align="center">Honey Roasted Broccoli Waffle Fries with Sriracha Ketchup Orange Wedges Cinnamon Applesauce</p>	<p align="center">Seafood Basket Chicken Noodle Soup/Sandwich Combo PBJamwich</p> <p align="center">Corn on the Cob Mixed Greens Fresh Banana Peach Cup</p>
November 12 - 16		<p align="center">Taco Bar Pizza PBJamwich</p> <p align="center">Butternut Squash Black-Eyed Peas Apple Slices Mandarin Oranges</p> 	<p align="center">Loaded Baked Potato with Garlic Knot Lasagna Roll-Ups with Garlic Knot Chicken Caesar Chef Salad w/ Garlic Knot</p> <p align="center">Kale & Apple Salad Parmesan Peas Cool Tropics Fruit Slush Pumpkin Spiced Applesauce</p>	<p align="center">Turkey & Gravy Baked Ham</p> <p align="center">Cornbread Dressing * Glazed Sweet Potatoes * Green Beans * Dinner Roll * Blueberry Crisp * Mandarin Cranberry Cup * Cranberry Sauce</p>	<p align="center">Fish & Grits Grilled Cheese Yogurt, Cheese, & Fruit Plate</p> <p align="center">Vegetable Soup Sautéed Summer Squash Pears & Cherries Frozen Peach Cup</p>
November 19 - 23					
November 26 - 30	<p align="center">Fried Chicken & Dinner Roll Pretzel Bites & Cheese Dip Yogurt, Cheese, & Fruit Plate</p> <p align="center">Macaroni & Cheese Turnip Greens Sweet Potato Puffs Berry Blend Fruit Cup Tropical Fruit</p>	<p align="center">Salisbury Steak with Breadstick BBQ Nachos PBJamwich</p> <p align="center">Mashed Potatoes Buttered Corn 100% Fruit Juice Pears & Cherries</p>	<p align="center">Chicken Nuggets and Dinner Roll Hot Ham & Cheese Croissant Pimento Cheese Sandwich</p> <p align="center">Buffalo Sidewinders Broccoli with Cheese Sauce Lime Applesauce Peaches & Cream</p>	<p align="center">Scrambled Eggs, Sausage, & Jelly Biscuit Red & Blue Yogurt Parfait PBJamwich & Yogurt</p> <p align="center">Roasted Sweet Potato Green Peas Mandarin Oranges Pineapple Cup</p>	<p align="center">Wild West BBQ Sandwich Cheesy Breadstix & Marinara Dippin' Sauce Ranch Chicken Chef Salad & Breadstick</p> <p align="center">Baked Beans Coleslaw Apple Slices Grapefruit Wedges</p>

A reimbursable meal must include at least 3 food groups. Choose at least 3 food items including 1/2 cup fruits or vegetables and at least 2 other food groups.
 For best nutrition, choose all 5 of the meal components for School Lunch - Grains, Meats or Protein, Milk, Fruit & Vegetables.

MILK VARIETY OFFERED DAILY

MENU SUBJECT TO CHANGE

This institution is an equal opportunity provider.

