

November 2018

Type Your School Name Here

LUNCH



School Information: Type your school information here.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



Cheeseburger Mac
Peas and Carrots
Dinner Roll
Lemon Cupcakes

1

2

Chicken & Broccoli Alfredo
Collard Greens
Chocolate Chip Cookie
Breadsticks

5

Pepperoni & Cheese Pizza
Mixed Vegetables
Tarter Tots
Vanilla Yogurt Parfaits

6

BBQ Baked Chicken
Jasmine Rice
Black Eyed Peas
Corn Bread
Chocolate Fudge Cake

7

Fish Nuggets
Mac & Cheese
Green Beans
Hushpuppies
Jell-O Parfaits

8

9

Pineapple Glazed Ham
Seasoned Rice
Collard Greens
Glazed Carrots
Corn Bread
Italian Ice

12

Orange Chicken
Seasoned Rice
Stir-Fry Veggies
Egg Roll
Jell-O Parfait

13

Penna Pasta W/ Meatballs
Buttered Corn
Roasted Brussel Sprouts
Breadsticks
Coconut Cake

14

Senior Dinner

15

16

19

Thanksgiving Break

20

Thanksgiving Break

21

Thanksgiving Break

22

Thanksgiving Break

23

Hot Dogs
Chili Cheese Fries
Baked Beans
Fruit
Brownie Supreme

26

Homemade Meatloaf
Ranch Mashed Potatoes
Black Eyed Peas
Breadsticks
Strawberry Shortcake

27

Tomato Soup w/ Crackers
Grilled Cheese Sandwich
Mixed Vegetables
Chocolate Chip Cookies

28

Cheese Burgers
Twisty Curly Fries
Beany Winnies
Brownies

29

30