



School Lunch Menu



November 2017

		1 <i>Choice of cereal – juice Whole Grain Muffin</i> Pepperoni or Cheese Pizza, Veggie Sticks Apple	2 <i>Choice of cereal – juice French Toast Sticks</i> Shepherd's Pie Roll Tropical Fruit	3 <i>Choice of cereal – juice Whole Grain Donut</i> Pepperoni or Cheese Pizza, Green Salad Fruit Cocktail
6 <i>Choice of cereal – juice Waffles</i> Cheeseburger or Hamburger French Fries Pears	7 <i>Choice of cereal – juice Egg Patty w/ Sausage</i> Tacos w/ Lettuce Tomato / Cheese Rice, Corn, Salsa Refried Beans, Apple	8 <i>Choice of cereal – juice Whole Grain Muffin</i> Spaghetti & Meatballs Green Salad Roll, Pear	9 <i>Choice of cereal – juice French Toast Sticks</i> Pork & Gravy Mashed Potato Cole Slaw Roll, Peaches	10 No School Veterans Day
13 <i>Choice of cereal – juice Pancakes</i> Corn Chowder Grilled Cheese Topical Fruit	14 <i>Choice of cereal – juice Toast & Jelly</i> Chicken Tenders French Fries Green Salad, Rolls Oranges	15 <i>Choice of cereal – juice Waffles</i> Meatball Sub Green Salad Apple	16 <i>Choice of cereal – juice Bagel w/ Cream Cheese</i> Turkey & Gravy Mashed Potato Peas & Carrots Roll, Tropical Fruit (EARLY RELEASE)	17 <i>Choice of cereal – juice Whole Grain Donut</i> Pepperoni or Cheese Pizza, Veggie Sticks Apple / Brownie
20 <i>Choice of cereal – juice Yogurt Fruit Parfait</i> Chicken Burger French Fries Veggie Sticks Peaches	21 <i>Choice of cereal – juice Pancakes</i> Nacho with Ground Beef Brown Rice Pineapple Chunks	22	23	24
		No School Thanksgiving Holiday		
27 <i>Choice of cereal – juice Waffles</i> Vegetable Beef Soup Grilled Cheese Apple Sauce	28 <i>Choice of cereal – juice Pancakes</i> Corn Dogs Baked Beans Cole Slaw Peaches	29 <i>Choice of cereal – juice Egg Patty w/ Sausage</i> Tuna Sandwich Potato Chips Veggie Sticks Apple	30 <i>Choice of cereal – juice Whole Grain Muffin</i> Salisbury Steak Mashed Potato Carrots, Roll Oranges	

Choice of Sun Butter / White or Chocolate Milk Every Day! – Salad Bar Middle School
For more information regarding this menu please contact Carol Quint at 532-9228