MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE, DUE TO AVAILABILITY

NOVEMBER 2015 ELEMENTARY LUNCH

MILK LISTED IS CHOICE OF FAT FREE WHITE, CHOCOLATE AND STRAWBERRY…JUICE LISTED IS 100%

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGES
2	**3**	**4**	**5**	**6**	
CHICKEN TENDERS/KETCHUP	MEATLOAF	MINI CORNDOGS/MUSTARD	LASAGNA	FISH SANDWICH	***CALORIES==636.14***
MASHED POTATOES	ORANGE GLAZED SWEET POTATOES	BAKED BEANS	CORN ON COB	FRENCH FRIES/KETCHUP	***SODIUM==693.18***
STEAMED BROCCOLI	PEAS AND CARROTS	COLE SLAW	GARDEN SALAD/RANCH	BABY CARROTS	
ASSORTED FRUIT	ROLL	APPLESAUCE	ASSORTED FRUIT	ASSORTED FRUIT	
MILK	PINEAPPLE TIDBITS--MILK	MILK	MILK	MILK	
9	**10**	**11**	**12**	**13**	
CHICKEN DRUMMIES/KETCHUP	CHEESE PIZZA	SOFT TACOS	FISH STICKS/KETCHUP	SLOPPY JOE	***CALORIES==649.24***
MASHED POTATOES	ROMAINE SALAD/RANCH	LETTUCE/TOMATO/CHEESE	PURPLE HULL PEAS	TATOR TOTS/KETCHUP	***SODIUM==906.98***
GREEN BEANS	STEAMED CARROTS	REFRIED BEANS	TURNIP GREENS	BABY CARROTS	
WHOLE GRAIN ROLL	DICED PEARS	ASSORTED FRUIT	CORNBREAD	ASSORTED FRUIT	
CANTALOUPE	MILK	SALSA	ASSORTED FRUIT	MILK	
MILK		MILK	MILK		
16	**17**	**18**	**19**	**20**	
CHICKEN NUGGETS/KETCHUP	HOT DOG/MUSTARD	CHICKEN AND NOODLES	SALISBURY STEAK	CHICKEN SANDWICH	***CALORIES==624.1***
MASHED POTATOES	BAKED BEANS	STEAMED BROCCOLI	SWEET POTATOES	LETTUCE/TOMATO	***SODIUM==662.4***
STEAMED CARROTS	COLE SLAW	WHOLE KERNEL CORN	PINTO BEANS	FRENCH FRIES/KETCHUP	
ASSORTED FRUIT	FRESH PINEAPPLE	ASSORTED FRUIT	ASSORTED FRUIT	ASSORTED FRUIT	
MILK	MILK	MILK	MILK	MUSTARD/MAYO	
				MILK	
23	**24**	**25**	**26**	**27**	
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	
THANKSGIVING	THANKSGIVING	THANKSGIVING	THANKSGIVING	THANKSGIVING	
BREAK	BREAK	BREAK	BREAK	BREAK	
30	**1**	**2**	**3**	**4**	
CHICKEN GIGGLES/KETCHUP	PEPPERONI PIZZA	TACO	STROMBOLI	HAMBURGER	***CALORIES==646.6***
MASHED POTATOES	ROMAINE SALAD/RANCH	LETTUCE/TOMATO/CHEESE	SWEET POTATO TOTS	LETTUCE/TOMATO	***SODIUM==855.66***
CORN	STEAMED CARROTS	REFRIED BEANS	PINTO BEANS	FRENCH FRIES/KETCHUP	
ASSORTED FRUIT	DICED PEARS	ASSORTED FRUIT	ASSORTED FRUIT	MUSTARD/MAYO	
MILK	MILK	MILK	MILK	ASSORTED FRUIT	
				MILK	

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