



November 2011

Lunch Menu

Monday		Tuesday		Wednesday		Thursday		Friday			
Turkey Ham & Cheese Wrap		Tuna Salad Sandwich		Turkey & Cheese on Wheat		Beef Bologna & Cheese on Wheat		Italian Hoagie			
Buffalo Chicken Salad		Chef Salad		Egg Salad Platter		Chicken Caesar Salad		Taco Salad			
		1	Chili Brown Rice Broccoli Wheat Roll Orange Milk	4oz 3/4c 3/4c 1ea 1ea 8oz	2	Chicken Nuggets Wheat Roll Green Beans Fresh Apple Milk BBQ Sauce	5ea 1ea 3/4c 1ea 8oz 1ea	3	Cheesesteak Sandwich Steak Meat American Cheese 6" Roll Potato Fries Peaches Milk Ketchup	3oz 1sl 1ea 3/4c 3/4c 8oz 1ea	
7		8	Baked Chicken w/ Gravy Mixed Vegetables Biscuit Fruit Mix Milk Margarine	4oz 1oz 3/4c 1ea 3/4c 8oz 1ea	9	Hamburger w/ Cheese Wheat Bun Potato Fries Fresh Pear Milk Ketchup	2.1oz 1sl 1ea 3/4c 1ea 8oz 1ea	10	Popcorn Chicken WW Wrap Brown Rice Green Beans Mandarin Oranges Milk	3oz 1ea 3/4c 3/4c 3/4c 8oz	
Breakfast for Lunch											
Plain Omelet	1ea										
Pancake	1ea										
Banana	1ea										
Hash Browns	3/4c										
Milk	8oz										
Margarine/Ketchup/Syrup	1 pc										
14	Chicken Parmesan Chicken Patty Marinara Sauce Mozzarella Cheese Italian Green Beans Apple Milk Wheat Roll	3.5oz 3oz 1oz 3/4c 1ea 8oz 1ea	15	Chicken Fajitas w/ Wheat Tortillas Corn Applesauce Milk	3oz 2ea 3/4c 3/4c 8oz	16	Fishwich Battered Fish American Cheese Wheat Bun Cole Slaw Fresh Apple Milk Tartar Sauce	4oz 1sl 1ea 3/4c 1ea 8oz 1pc	17	Gobble Day Theme Roast Turkey Mashed Potatoes Turkey Gravy Green Beans Dinner Roll Ice Cream	3oz 3/4c 2oz 3/4c 1ea 1ea
									18	Hamburger Wheat Bun Potato Fries Fresh Pear Milk Ketchup	2.1oz 1ea 3/4c 1ea 8oz 1ea
21	Breaded Chicken Patty Wheat Bun Peas & Carrots Fresh Apple Milk Mayo	3.5oz 1ea 3/4c 1ea 8oz 1pc	22	Taco Ground Meat 6in Tortilla Shredded Lettuce/Cheese Corn Pineapple Milk	3oz 2ea 1oz ea 3/4c 3/4c 8oz	23	School Closed		24	School Closed	
									25	School Closed	
28	Salisbury Steak Gravy Mashed Potatoes Biscuit Peaches Milk	3oz 2oz 3/4c 1ea 3/4c 8oz	29	Pizza Cut Green Beans Pears Milk	5.6oz 3/4c 3/4c 8oz	30	Sloppy Joe Wheat Bun Broccoli Peaches Milk Ketchup	3oz 1ea 3/4c 3/4c 8oz 1ea			



Join us Thursday,
November 17th for a
special Thanksgiving
Menu!

Guess What...

Did you ever hear that Turkey makes you sleepy? Many people think its the turkey itself but Scientists now believe eating a big Thanksgiving dinner causes increased blood flow to the stomach (needed to help digest the meal) and less blood flow to the brain. Have a Happy Thanksgiving, Gobble Gobble!

