



****Menus are Subject to Change****
 All meals served w/1% chocolate, strawberry, or reduced fat white milk.
 All meals served w/fresh, frozen or canned fruit daily and 100% fruit juice daily at breakfast and twice per week with lunch.



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday

Tuesday

Wednesday

Thursday

Friday

Pork Patty on Bun
 Baked Beans
 Sweet Potato Fries or Carrots

2

End of 1st Quarter
 No School

3

Oven Roasted Wings
 Green Beans
 French Fries
 Roll
 Ketchup

4

Chicken Gumbo w/Rice
 Mixed Veggies
 Garden Salad
 Crackers

5

Hot Dog on Bun
 Coleslaw
 Potato Wedges
 Juice Cup

6

Chicken Bites or Nuggets
 Green Beans
 Sweet Potato Fries or Carrots
 Roll

9

BBQ Fajita on Bun/Wrap
 Tater Tots
 Romaine & Tomatoes

10

11

Salisbury Steak
 Mashed Potatoes w/Gravy
 Green Sweet Peas
 Biscuit or Roll

12

Deli Sandwich or Shrimp
 Poppers
 French Fries
 Broccoli Florets

13

Chicken Quesadilla or Beef
 Burrito
 Spanish Rice
 Mixed Veggies
 Garden Salad
 Shredded Cheddar

16

Chili Crispito
 Black Beans
 Corn (On Cob)
 Shredded Cheddar

17

Chili w/Rice
 Broccoli Florets
 Yam Patties
 Crackers

18

Chicken Tenders
 Green Beans
 Carrots
 Roll

19

Corndog
 French Fries
 Garden Salad
 Ketchup & Mustard

20

Thanksgiving Break

23

Thanksgiving Break

24

Thanksgiving Break

25

26

Thanksgiving Break

27

Pork Patty on Bun
 Baked Beans
 Sweet Potato Fries or Carrots

30

