

Lunch November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02	03	04	05	06
Red Beans & Sausage White Rice Smothered Cabbage Sweet Potatoes Fruit Choice Cornbread	Chicken Tenders Cheesy Spaghetti White Beans Green Beans Fruit Choice Dinner Roll	Salisbury Steak Rice & Gravy Smothered Cabbage Carrot Coins Fruit Choice Dinner Roll	Pepperoni Pizza Mixed Veggies Spinach Fruit Choice	Baked Chicken Roasted Red Potatoes Corn Fruit Choice Dinner Roll
09	10	11	12 – THANKSGIVING MEAL	13
Corn Dogs Tater Tots Seasoned Greens Fruit Choice Milk Choices	Spaghetti w/Meatsauce Carrot Coins Green Beans Fruit Choice Garlic Roll	Grilled Chicken Sandwich California Blend Corn Fruit Choice	Turkey Roast w/Gravy Mashed Sweet Potatoes Cornbread Dressing Seasoned Green Bean Fruit Choices Dinner Roll	Backyard Burgers French Fries/Tater Tots Baked Beans Fruit Choice
16	17	18	19	20
Hot Dogs with Chili French Fries Steamed Spinach Fruit Choice	Beef-A-Roni California Blend Veggies Greens Beans Fruit Choice Garlic Rolls	Breaded Chicken Pattie Carrot Coins Broccoli Florets Fruit Choice Dinner Roll	Meatloaf Mashed Potatoes & Gravy Lima Beans Fruit Choice Dinner Roll	Chicken Soft Tacos Refried Beans Corn Salsa Cup Fruit Choice
23	24	25	26	27 (Ruby has the soup)
				
30				
Red Beans & Sausage White Rice Smothered Cabbage Sweet Potatoes Fruit Choice Cornbread	Students May Select The Following Items: Choice of 1 Entrée Choice of 1 Grain		May Choose All Vegetables May Choose up to 2 Fruits Choice of Milk if desired	
			<ul style="list-style-type: none"> Students <i>MUST</i> choose at least ½ cup fruit or ½ cup vegetable. Students may decline 2 of the 5 food components. Main entrees such as pizza and sandwiches count as a meat and a bread/grain. 	