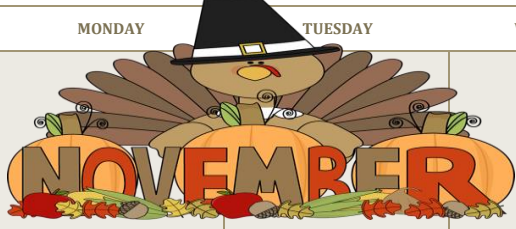





NOVEMBER 2018

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Pork Rib on a Bun Dark Green Leaf Lettuce Tomato Slice Sweet Potato Fries Fresh Apple Peaches (9-12) Milk	2 Taco Soup Tortilla Chips Tomato Salsa Broccoli Florets, Carrots Fresh Strawberries Tropical Fruit (9-12) Milk	3 	4
5 Pig in a Blanket Roasted Red Potatoes Broccoli w/Cheese Fresh Apple Slices Mandarin Oranges (9-12) Milk	6 Chicken & Noodles Whole Wheat Roll & Honey (6-12) Mashed Potatoes Fresh Baby Carrots Fresh Grapes Applesauce (9-12) Milk	7 Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans Mandarin Oranges Grapes (9-12) Milk	8 Taco Salad Corn Chips & Tomato Salsa Refried Beans Fresh Oranges Cinnamon Puff (6-12) Pineapple (9-12) Milk	9 Chicken Wrap Spanish Brown Rice Romaine Lettuce Tomato Slice Sauteed Zucchini Tropical Fruit Oatmeal Cookie Apples (9-12) Milk	10	11
12 Biscuits & Gravy Sausage Patty (6-12) Peas Hashbrown Patty Fresh Kiwi Applesauce (9-12) Milk	13 White Chicken Chili Cornbread Muffin Cherry Tomatoes Cucumber Slices Fresh Banana Peaches (9-12) Milk	14 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Mango Fruit Cocktail (9-12) Milk	15 Cheese Pizza Broccoli Florets Fresh Baby Carrots Fresh Citrus Fruit Cup Pears (9-12) Milk	16 Turkey Mashed Potatoes & Gravy Whole Wheat Roll & Jelly Green Bean Casserole Dressing Pumpkin Cake Cranberry Salad Milk	17	18
19 Chicken Quesadilla Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12) Refried Beans Banana Pears (9-12) Milk	20 Corn Dog Green Beans Tater Tots Fruit Cocktail Snickerdoodle Blueberries (9-12) Milk	NO SCHOOL	HAPPY THANKSGIVING	NO SCHOOL		
26 Baked Ham Angel Biscuit & Jelly Sweet Potato Fries Green Beans Fresh Grapes Peaches (9-12) Milk	27 Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Strawberries & Bananas Milk	28 Chicken Nuggets Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Oranges Fruit Cocktail (9-12) Milk	29 Macaroni & Meatball Whole Wheat Bread & Jelly (6-12) Seasoned Peas Fresh Baby Carrots Apple Salad Mandarin Oranges (9-12) Milk	30 Chili Tortilla Chips (9-12) Red Bell Pepper Strips Carrots, Celery Cinnamon Roll Sliced Peaches Mango (9-12) Milk		
USDA is an equal opportunity provider and employer.		NOTES: <i>What does respect look like?</i> Your youngster's daily dealing with adults and kids alike will be more pleasant if he speaks and acts respectfully. Try these tips for helping him learn about respect. <i>Respectful replies:</i> Think about something that you and your youngster disagree on (say, whether his video game time should be limited). Model having a respectful discussion about it. You might say that his brain and body are growing and that he needs to run and play to stay healthy. Then, suggest a respectful response, such as, "I want to be healthy, but I love video games." Have him brainstorm other situations where people have different opinions but stills peak to each other with respect.				