



Inola Public Schools Elementary Lunch Menu

November
2021

Fresh Fruits and Vegetables are served daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>No school</p>	<p>2</p> <p>Chicken & Cheese Quesadilla</p> <p>Fresh Apple Canned Fruit Refried Beans Romaine Lettuce</p>	<p>3</p> <p>Popcorn Chicken Whole Grain Dinner Roll</p> <p>Mandarin Oranges Fresh Grapes Mashed Potatoes Gravy Steamed Corn</p>	<p>4</p> <p>BBQ Rib Sandwich</p> <p>Pineapple Tidbits Steamed Carrots Cucumber Slices Clementine Orange</p>	<p>5</p> <p>Cheese Pizza</p> <p>Diced Pears Cantaloupe Broccoli Florets Red Peppers</p>
<p>8</p> <p>No School</p>	<p>9</p> <p>Pasta with Meat Sauce Rip Stick Breadstick</p> <p>Canned Fruit Fresh Pineapple Steamed Green Beans Baby Carrots</p>	<p>10</p> <p>Toasted Cheese Sandwich</p> <p>Applesauce Cucumber Slices Baby Carrots Clementine Orange</p>	<p>11</p> <p>Chicken Nachos & Homemade Cheese Sauce</p> <p>Celery Sticks Fresh Grapes Applesauce Spicy Pinto Beans Salsa</p>	<p>12</p> <p>Crispy Chicken Sandwich</p> <p>Clementine Orange Pineapple Tidbits Mashed Potatoes Glazed Carrots</p>
<p>15</p> <p>No school</p>	<p>16</p> <p>BBQ Pulled Pork Sandwich</p> <p>Fresh Grapes Fresh Mixed Fruit Steamed Carrots Broccoli Florets</p>	<p>17</p> <p>Soft Beef Tacos</p> <p>Diced Pears Fresh Apple Refried Beans Roasted Corn</p>	<p>18</p> <p>Chicken Alfredo w/Pasta</p> <p>Fresh Pineapple Cranberries Romaine Lettuce Cucumber Slices</p>	<p>19</p> <p>Hot Ham & Cheese Sandwich</p> <p>Orange Halves Mixed Canned Fruit Roasted Cauliflower Baby Carrots</p>
<p>22</p> <p>No school Thanksgiving break</p>	<p>23</p> <p>No school Thanksgiving break</p>	<p>24</p> <p>No School Thanksgiving break</p>	<p>25</p> <p>Happy Thanksgiving!</p>	<p>26</p> <p>No School Thanksgiving break</p>
<p>29</p> <p>No school</p>	<p>30</p> <p>Walking Taco</p> <p>Cantaloupe Diced Pears Refried Beans Cucumber Slices</p>			

PRICES	<p>All Students Adults</p>	EXTRA INFO	<p>FREE</p> <p>1% White or 1% Chocolate Milk is included with lunch.</p> <p>For questions or comments contact Rebecca Lamantia, Food Service Director at: 918-543- 6282 Or email rlamantia@inola.k12.ok.us</p>	HARVEST OF		THE MONTH	<p>Your MENUS plus more information on our app TaHER Food4Life®</p>
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