

November

2019 Pocahontas Schools

menu

Monday

Tuesday

Wednesday

Thursday

Friday

This institution is
an equal
opportunity
provider.



Popcorn Chicken
Mashed Potatoes
Gravy
Steamed Broccoli
Hot Roll
Fruit
Milk

National Sandwich Day

Nov. 3

Redskin Café
Backyard Griller
Bacon Cheeseburger
French Fries
Lettuce/tomato/pickle
Grapes
Milk

Cheesy Nachos
Lettuce/tomato
Salsa
Beans
Fruit
Milk

Meatloaf
Potatoes/Gravy
Black eyed Peas
Romaine Salad
Asst. fresh fruit
Roll / Milk

Sub Sandwich
Carrots/dip
Sand salad cup
Baked Chips
Juice
Milk

Chili Cheese Tots
Doritos
Sidekick Slush
Celery Stix/Dip
Milk

BBQ Pork Sandwich
Baked Beans
Cole slaw
Fresh Fruit
Rice Krispy Treat
Milk

Spaghetti
Mixed green salad
Green Beans
Pineapple tidbits
Garlic Roll
Milk

Chili Frito Pie
Crackers
Seasoned Corn
Mini Sundae Cone
Fruit
Milk

Chicken Nuggets
Honey Mustard Dip
Steamed Carrots
Steamed Broccoli
Variety Fresh fruit
Hot Roll
Milk

Chicken Stir Fry
Veggies
Rice
Cherry Tomatoes
Spiced apples
Milk

Mini Corn Dogs
Beans
Carrot stix/dip
Fruit
Pineapple Upside
Down Cake
Milk

Chicken Nuggets
Mashed Potatoes
Gravy
Brussels Sprouts
Fruit
Hot Roll
Milk

Turkey & Dressing
Cranberry Sauce
Mashed Potatoes
Green Beans
Hot roll
Strawberries
Ice Cream Cup
Milk

Ravioli
Steamed Broccoli
Corn
Apple Slices
Hot Roll
Milk

Chicken Sandwich
Baked Chips
Pickle Spears
Sand Salad cup
Carrot Coins
Fruit
Milk



CHILL with crisp, cool veggies.

Monday: Cereal Bar, String cheese, juice, fruit, milk

Tuesday: Bacon, Egg, Cheese English Muffin, juice, fruit, milk

Wednesday: Oatmeal or Sweet Southern Rice, Toast, juice, fruit, milk

Thursday: Waffle, ham slice, syrup, juice, fruit, milk

Friday: Sausage, gravy, roll, juice, fruit, milk

cereal, juice, fruit, milk offered as daily choices

