

We serve heart healthy whole grains. 1% white or chocolate milk are served with each meal. Extra milk can be

 Purchased for $ .30

Be kind, Be thoughtful

Be genuine, but most of all

Be Thankful

Roasted Chicken or

Chicken Fried Steak

Potatoes/gravy

Lima Beans, Peaches

Bread/butter slice

No

School

Thanksgiving Meal

Turkey or Ham

Potato/gravy, stuffing,

Green Bean Casserole

Cranberries, Dinner Roll.

Sweet Potatoes, Pumpkin Bars

Biscuit/gravy

Scrambled Eggs

 Sausage Patties

Hash brown patties

Juice Box, Fresh Fruit

Nacho Supreme

Chips, Meat, Cheese

Sour Cream, Salsa

Mixed Vegetables

Pears

Chicken Patty/ bun

Or Spicy Chicken Patty/bun

Seasoned Potatoes

Peas/carrots

Mandarin Oranges

Cheese Pizza or

Sausage Pizza

Green Beans

Fruit, Bag of Chips

Oreo/ ice cream

Chili/Crackers

Toasted Cheese Sandwich

Salad w/ tomatoes,

 Cucumbers

Red/green pepper strips

Orange Wedges

Hot dog/bun

Or Pulled Pork/bun

Kraft Mac and Cheese

Peas, Mixed Fruit

Walking Taco

(Dorito, Meat, Cheese)

Lettuce, Sour Cream, Salsa

Mixed Vegetables

Pears

Rice Krispie Treat

No School

Veteran’s Day

Flatbread Pizza

W/ Marinara cup

California Blend Veg.

Pineapple, Chip

Vanilla Pudding

W/wafers and cool whip

Tenderloin/bun

Cheeseburger/bun

Shoestring Fries/cheese cup

Dill Pickle Spear

Corn, Apricots

Chicken-Noodles

Potato/gravy

Lettuce Salad

Green Beans, Dinner Roll/jelly

Fruit

Hand Taco Pie

Chicken Burrito

w/ cheese cup

Spicy Pinto Beans

Side Salad/dressing

Mixed Fruit,

Corn Dog or

Warm Italian Sub/French bread

Oven Fries

Country Trio Vegetables

Bag Apples/caramel dip

Round Cheese Pizza

Munchie Kid Mix

Tossed Salad

Pepper Strips/ranch

Mix Fruit,

Ice Cream Treat

**NOVEMBER 2019**

Home of the Tornadoes 9-12

Cheese Quesadilla

Tortilla Scoops

Corn

Side Salad/ranch

Baked Apples

No

School

No

School

No

School