SUPPER

NOVEMBER 2019

Meadows Union School District

LOOK FOR WHOLE GRAIN WholeGrainsCouncil.org

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Corn Dog Fruit/Vegetables
4 Quesadilla Fruit/Vegetables	5 Turkey Sandwich Chips Fruit/Vegetables	6 Cheese Filled Breadstick Fruit/Vegetables	7 PB&J Sandwich Cheese Stick Fruit/Vegetables	8 Pizza Pocket Fruit/Vegetables
11 NO SCHOOL	12 Popcorn Chicken Corn Fruit	13 Hot Dog Fruit/Vegetables	14 Ranchero Steak Tornado Beans Fruit/Vegetables	15 Chicken Salad Fruit/Vegetables
18 Pizza Pocket Fruit/Vegetables	19 Grilled Cheese Sandwich Fruit/Vegetables	20 Chicken Tamale Fruit/Vegetables	21 Cheese Filled Breadstick Fruit/Vegetables	22 PB&J Sandwich Cheese Stick Fruit/Vegetables
25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL

Supper Includes:

Fruit & Vegetable Available Daily

All Grains offered are Whole Grain Rich

Choice of 1% White Milk or Non-Fat Chocolate Milk Offered Daily

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs. NOTICE: The data collected within its report and the NUTRIKIDS®Menu Planning and Nutritional analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Please consult a medical professional for assistance in planning or treating medical conditions. INGREDIENTS AND MENU ITEMS ARE SUBJECT TO CHANGE OR SUBSTITUTION WITHOUT NOTICE.