

Hawkswood School

Lunch

November 2 - November 30

PLEASE CIRCLE THE DAYS YOUR CHILD WILL BE ORDERING LUNCH IN NOVEMBER AND RETURN

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
W/G Chicken Nuggets-5 Broccoli Florets-3/4 c. Whole Wheat Dinner Roll Fresh Apple-1 Milk-8 oz.	All Beef Hamburger on a Whole Wheat Bun-1 French Fries-3/4 c.. Applesauce Cup-1/2 c. Milk-8 oz.	Beef Nachos with Cheddar Cheese Sauce-4 oz. W/G Tostito Scoops-1 oz. Soft Diced Carrots-1 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.	Teriyaki Chicken Fillet on a Whole Wheat Bun-1 Cauliflower-3/4 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.	Professional Development No Students
9	10	11	12	13
Beef Salisbury Steak w/ Gravy-3 oz. Seasoned Diced Potatoes-3/4 c. Whole Wheat Dinner Roll Fresh Apple-1 Milk-8 oz.	Turkey and Cheese on a W/G Potato Bun-1 Soft Diced Carrots-1 c. Mixed Fruit Cup-1/2 c. Milk-8 oz.	All Beef Hamburger on a Whole Wheat Bun-1 Broccoli Florets-3/4 c. Fresh Orange-1 Milk-8 oz.	Grilled Chicken Soft Tacos with Shredded Cheddar Cheese-2 Refried Beans-3/4 c. W/G 6" Flour Tortilla-2 Cherry Craisins-3/4 c. Milk-8 oz.	Macaroni and Cheese-6 oz. Cauliflower-3/4 c. Mandarin Orange Cup-1/2 c. Whole Grain Bread Milk-8 oz.
16	17	18	19	20
Grilled Chicken Parmigiana-3 oz. Diced Carrots-1 c. Whole Wheat Dinner Roll Strawberry Applesauce Cup-1/2 c. Milk-8 oz.	Turkey Meatballs w/ Sauce on a Whole Grain Hot Dog Bun-1 Spinach-3/4 c. Fresh Apple-1 Milk-8 oz.	Beef Meatloaf w/ Ketchup-3 oz. Seasoned Diced Potatoes-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	W/G Chicken Fingers-3 Cauliflower-3/4 c. Rasp. Lemonade Craisins-3/4 c. Whole Wheat Dinner Roll Milk-8 oz.	Jumbo Stuffed Shells with Meat Sauce-2 Broccoli Florets-3/4 c. Applesauce Cup-1/2 c. Whole Grain Bread Milk-8 oz.
23	24	25	26	27
Flame Broiled Chicken Burger on a Whole Wheat Bun-1 Cauliflower-3/4 c. Fresh Apple-1 Milk-8 oz.	Baked Ziti-8 oz. Broccoli Florets-3/4 c. Diced Peach Cup-1/2 c. Whole Grain Bread Milk-8 oz.	Thanksgiving Dinner! Hot Turkey w/Gravy-3.5 oz Mashed Potatoes Whole Wheat Dinner Roll Stuffing Cranberry Sauce Milk-8 oz.		
30				
All Beef Hamburger on a Whole Wheat Bun-1 French Fries-3/4 c.. Applesauce Cup-1/2 c. Milk-8 oz.				

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