



## MEADOWBROOK LUNCH



3.5				
Monday	Tuesday	Wednesday	Thursday	Friday
		HOT DOG W/CHILI OR SWEET&SOUR CHICKEN W/ RICE and NC BROCCOLI CROWNS Fortune Cookie Slaw Veggie Beans Pineapple Chunks Grapes	BREAKFAST FOR LUNCH Eggs w/choice of Chicken, Sausage, Steak Gravy Biscuits Tater Tots NC Spiced Apples Orange	3 STUFFED CRUST PIZZA OR SEAFOOD BASKET W/ HUSHPUPPIES Slaw, Tartar Sauce Whole Kernel Corn Frozen Fruit Bar Fresh Kiwi
7 CHEESEBURGER OR CHICKEN ALFREDO W/ NC BROCCOLI AND BREAD STICK Lettuce and Tomato Potato Smiles Cukes and Carrots w/dip, pickles Pears Halves, Orange	8 CHEESE QUESADILLA OR CHICKEN NUGGETS Tomato Soup Pinto Beans School Roll Frozen Fruit Cup NC Fresh Apple	HOLIDAY	10 CHICKEN FILET OR PORK ROAST W/ GRAVY Lettuce&Tomato Mashed Potatoes Green Beans Peach Cup Grapes	PEPPERONI PIZZA OR FRUIT AND YOGURT PLATE Tossed Salad Corn on the Cob Watermelon Mandarin Oranges
BREAKFAST FOR LUNCH Eggs w/choice of Chicken, Sausage,Steak Pancakes or Gravy Biscuits Tater Tots NC Spiced Apple Slices Orange	MAC N CHEESE W/ GRILLED FRANKS OR SLICED HAM Pinto beans Cabbage Stewed Tomatoes Onions, Cornbread Banana Mixed Fruit	16 CRUNCHY OR SOFT TACO OR CHICKEN FAJITIA Lettuce, Tomato, Salsa, Sour Cream, Cheese, Black Beans and Rice Whole Kernel Corn NC Apple Mardarian Oranges	BAKED TURKEY AND DRESSING OR SLICED HAM W/ HOT YEAST ROLL Mashed Potatoes w/ Gravy, Green Beans NC Sweet Potatoes Cranberry Sauce Pumpkin Pie w/ whipped cream	18 FISH FILLET W/CHEESE ON A BUN OR STUFFED CRUST PIZZA Oven Roasted Potatoes Corn Peach Cup Seedless Grapes
21 CHICKEN PARMESAN w/PASTA AND BREAD STICK OR HAMBURGER Lettuce&Tomato Tossed Salad Tater Tots Oranges Wedges Sliced Peaches	CHEESEBURGER OR CHICKEN FILLET Lettuce Tomato Potato Smiles Carrot Stix w/dip Banana Frozen Fruit Cup	23	Happy Thanksgiving	25
28 CHEESE PIZZA OR CHICKEN SALAD WRAP Lettuce and Tomato Broccoli Cheese Soup Peas Red Grapes Peach Cup				