

NOVEMBER

ELEMENTARY LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
1 CHICKEN FAJITA BEEF TACOS Shredded Lettuce Diced Tomato Salsa, Sour Cream, Cheese Whole Kernel Corn Straight Cut Fries	2 TURKEY POT PIE WITH CARROTS AND PEAS HAMBURGER Lettuce and Tomato Pickle Chips Mashed Potatoes Pears	3 BAKED ZITI W/GARDEN SALAD AND BREADSTICKOR MINI CORNDOGS Broccoli Spears Strawberry Cup	4 GRILLED HAM AND CHEESE SANDWICH OR GRILLED CHEESE Tomato Soup Carrot and Cucumber Rounds w/ dip Scrabble Cheez Its	5 PEPPERONI PIZZA OR FISH SANDWICH W/TARTAR SAUCE Green Peas Corn on the Cob Diced Apricots
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT				
8 RAVIOLI W/GARDEN SALAD AND BREADSTICK OR CHEESEBURGER Lettuce and Tomato Straight Cut Fries Fresh NC Apple	9 BREAKFAST FOR LUNCH Sausage or Chicken w/eggs Biscuit and Gravy or Pancakes w/syrup Applesauce Tater Tots	10 SALISBURY STEAK OR CHICKEN RINGS Mashed Potatoes Green Beans Honey Wheat Roll Strawberry Cup	 VETERANS DAY	12 CHEESE PIZZA OR RIB-B-Q Baked Potato Broccoli Spears w/cheese sauce Pickle Chips
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
15 BAKED ZITI W/GARDEN SALAD AND BREADSTICKOR MINI CORNDOGS Broccoli Spears Strawberry Cup	16 GRILLED CHEESE OR PBJ SANDWICH Tomato Soup Carrot and Cucumber Rounds w/dip Scrabble Cheez-its NC Apple	17 BEEF OR BEAN AND CHEESE CHALUPA Shredded Lettuce Diced Tomato Salsa, Sour Cream, Cheese Whole Kernel Corn Waffle Cut Fries	18 TURKEY AND DRESSING W/GRAVY OR BAKED HAM Mashed Potatoes Green Beans Hot Yeast Roll Pumpkin Pie Cranberry Sauce	19 PEPPERONI PIZZA OR CHICKEN FILLET Lettuce and Tomato Green Peas Straight Cut Fries NC Fresh Apple
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
22 CHICKEN NUGGETS W/ROLL OR HAMBURGER Lettuce and Tomato Mashed Potatoes Green Beans	23 STUFFED CRUST PIZZA OR CHEESE PIZZA Garden Salad Tater Tots Pear Halves		25  THANKSGIVING DAY	
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT				
29 BREAKFAST FOR LUNCH Sausage or Chicken w/eggs Biscuit and Gravy or Pancakes w/syrup Applesauce Tater Tots	30 MAC N CHEESE W/BAKED HAM OR GRILLED FRANKS Pinto Beans Steamed Cabbage Stewed Tomatoes Onions and Cornbread	“ THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.” Subject to change.		
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT				

