

NOVEMBER

MIDDLE AND HIGH

Monday	Tuesday	Wednesday	Thursday	Friday
1 BEEF TACO's 25 Shredded Lettuce 1 Diced Tomato 2 Salsa,3 Sour Cream, 2 Cheese 1 Whole Kernel Corn 15 Spicy Fries 22	2 TURKEY POT PIE WITH CARROTS AND PEAS 31 Ovenable Okra 25 Southern Style Biscuit 28 Spiced Apples 18	3 BAKED ZITI 29 W/GARDEN SALAD 2 AND BREADSTICK 19 Normandy Blend Veggies 4 Peach Slices 12	4 GRILLED HAM AND SPICY CHEESE SANDWICH 46 Tomato Soup 16 Garden Salad 2 Scrabble Cheez Its 14	5 FISH SANDWICH 45 W/TARTAR SAUCE 4 Green Peas 11 Corn on the Cob 18 Diced Apricots 19
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT				
8 CHEF BOYARDEE 30 RAVIOLI W/GARDEN SALAD 2 AND BREADSTICK 19 Straight Cut Fries 25 Fresh NC Apple 19	9 BREAKFAST FOR LUNCH Sausage 0 or Chicken 13 w/eggs 0 Biscuit 28 and Gravy 9 or Pancakes 26 w/syrup 20 Applesauce 15 Tater Tots 18	10 BAKED HAM 0 Sweet Souffle 43 Broccoli Casserole 9 Honey Wheat Roll 20 Strawberry Cup 7	 VETERAN'S DAY	12 SEAFOOD BASKET 28 W/HUSHPUPIES 18 Cole Slaw 8 Corn on the Cob 18 Baked Potato 33
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
15 SPICY CHICKEN CHUNKS Broccoli Spears 4 w/Cheese Sauce 3 Waffle Fries 21	16 CHILI CHEESE QUESADILLA 38 Shredded Lettuce 1 Diced Tomato 2 Salsa 3, Sour Cream 2 Whole Kernel Corn 15 Pear Halves 23	17 SOFT CHEESE FILLED BREADSTICKS 56 Caesar Salad Baked Potato 33	18 TURKEY 0 AND DRESSING W/GRAVY Mashed Potatoes 15 Green Beans 3 Hot Yeast Roll 20 Pumpkin Pie Cranberry Sauce 22	19 HAMBURGER 32 Lettuce 0 and Tomato 1 Green Peas 11 Straight Cut Fries 19 NC Fresh Apple 19
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
22 SANTE FE CHICKEN 20 PASTA W/BREAD 19 Whole Kernel Corn 15 Black Beans 19 Diced Apricots 19	23 STUFFED CRUST PIZZA 51 Garden Salad 2 Spicy Fries 22 Pear Halves 23		 THANKSGIVING DAY	
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT				
29 BREAKFAST FOR LUNCH Sausage 0 or Chicken 13 w/eggs 0 Biscuit 28 and Gravy 9 or Pancakes 26 w/syrup 20 Applesauce 15 Tater Tots 18	30 MAC N CHEESE W/LITTLE SMOKIES 2 Pinto Beans 18 Steamed Cabbage 5 Stewed Tomatoes 2 Onions 2 and Cornbread 31	" 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				

