

NOVEMBER

MIDDLE AND HIGH

Monday	Tuesday	Wednesday	Thursday	Friday
1 BEEF TACO's Shredded Lettuce Diced Tomato Salsa, Sour Cream, Cheese Whole Kernel Corn Spicy Fries	2 TURKEY POT PIE WITH CARROTS AND PEAS Ovenable Okra Southern Style Biscuit Spiced Apples	3 BAKED ZITI W/GARDEN SALAD AND BREADSTICK Normandy Blend Veggies Peach Slices	4 GRILLED HAM AND SPICY CHEESE SANDWICH Tomato Soup Garden Salad Scrabble Cheez Its	5 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 CHEF BOYARDEE RAVIOLI W/GARDEN SALAD AND BREADSTICK 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 BAKED HAM Sweet Potato Souffle Broccoli Casserole Honey Wheat Roll Strawberry Cup	11  VETERANS DAY	12 SEAFOOD BASKET W/HUSHPUPPIES Cole Slaw Corn on the Cob Baked Potato
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
15 SPICY CHICKEN CHUNKS Broccoli Spears w/Cheese Sauce Waffle Fries	16 CHILI CHEESE QUESADILLA Shredded Lettuce Diced Tomato Salsa, Sour Cream Whole Kernel Corn Pear Halves	17 SOFT CHEESE FILLED BREADSTICKS Caesar Salad Baked Potato	18 TURKEY AND DRESSING W/GRAVY Mashed Potatoes Green Beans Hot Yeast Roll Pumpkin Pie	19 HAMBURGER 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 SANTE FE CHICKEN PASTA W/BREAD Whole Kernel Corn Black Beans Diced Apricots	23 STUFFED CRUST PIZZA Garden Salad Spicy Fries 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/LITTLE SMOKIES 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				

