



NOVEMBER



MEADOWBROOK LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 CHICKEN RINGS W/SCHOOL ROLL OR GRILLED CHEESE Tomato Soup Seasoned Wedges Fruit Cocktail Fresh NC Apple	3 BAKED ZITI OR SHAVED DELI TURKEY&CHEESE HOAGIE Tossed Salad Lettuce and Tomato Bread Stick Jello w/ fruit Banana	4 HOT DOG W/CHILI OR SWEET&SOUR CHICKEN W/ RICE and NC BROCCOLI CROWNS Fortune Cookie Slaw Veggie Beans Pineapple Chunks Grapes	5 BREAKFAST FOR LUNCH Eggs w/choice of Chicken, Sausage, Steak Gravy Biscuits Tater Tots NC Spiced Apples Orange	6 STUFFED CRUST PIZZA OR SEAFOOD BASKET W/ HUSHPUPIES Slaw, Tartar Sauce Whole Kernel Corn Frozen Fruit Bar Fresh Kiwi
9 CHEESEBURGER OR CHICKEN ALFREDO W/ NC BROCCOLI AND BREAD STICK Lettuce and Tomato Potato Smiles Cukes and Carrots w/dip, pickles Pears Halves, Orange	10 CHEESE QUESADILLA OR CHICKEN NUGGETS Tomato Soup Pinto Beans School Roll Frozen Fruit Bar NC Fresh Apple	11 HOLIDAY	12 CHICKEN FILET OR PORK ROAST W/ GRAVY Lettuce&Tomato Mashed Potatoes Green Beans Peach Cup Grapes	13 PEPPERONI PIZZA OR FRUIT AND YOGURT PLATE Tossed Salad Corn on the Cob Watermelon Mandarin Oranges
16 BREAKFAST FOR LUNCH Eggs w/choice of Chicken, Sausage,Steak Pancakes or Gravy Biscuits Tater Tots NC Spiced Apple Slices Orange	17 MAC N CHEESE W/ GRILLED FRANKS OR SLICED HAM Pinto beans Cabbage Stewed Tomatoes Onions, Cornbread Banana Mixed Fruit	18 CRUNCHY OR SOFT TACO OR CHICKEN FAJITIA Lettuce, Tomato, Salsa, Sour Cream, Cheese, Black Beans and Rice Whole Kernel Corn NC Apple Mardarian Oranges	19 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	20 FISH FILLET W/CHEESE ON A BUN OR STUFFED CRUST PIZZA Oven Roasted Potatoes Corn Peach Cup Seedless Grapes
23 CHICKEN PARMESAN w/PASTA AND BREAD STICK OR HAMBURGER Lettuce&Tomato Tossed Salad Tater Tots Oranges Wedges Sliced Peaches	24 CHEESEBURGER OR CHICKEN FILLET Lettuce Tomato Potato Smiles Carrot Stix w/dip Banana Applesauce	25 	26  Happy Thanksgiving	27 
30 CHEESE PIZZA OR CHICKEN SALAD WRAP Lettuce and Tomato Broccoli Cheese Soup Peas Red Grapes Peach Cup				