

**November 2018**  
**K-8 Lunch**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Turkey Hot Dog 1</b>	<b>Egg n Cheese Muffin 2</b>
	<b>***Menus Subject to Change***</b>		4 oz. 100% Juice (15) ¼ c Diced Carrots (7) 2 oz Turkey Hot Dog on 2 oz WG Bun [2 OEG] (21) Ketchup (3)/ Mustard Milk(12)	½ c Applesauce (15) ¼ c Tater Tots (18) 1.5oz Scrambled Egg Patty 0.5oz American Cheese 2 oz WG English Muffin [2 OEG](25) Ketchup (3)/ Milk(12)
<b>Cheese Pizza 5</b>	<b>Hamburger 6</b>	<b>Chicken Patty 7</b>	<b>Turkey Ham Swiss Melt 8</b>	<b>Salisbury Steak 9</b>
¼ c Craisins (28) ¾ c Fresh Baby Carrots(15) WG Cheese Pizza (2 oz MMA, 2 OEG) Ranch Packet (2) Milk(12)	4oz 100% Juice (15) ¾ c Broccoli (7) 2 oz Beef Patty 2 oz WG Bun [2 OEG] (19) Ketchup (3)/ Mustard Packet Milk(12)	½ c Banana(15) ¾ c Baked Beans (39) 2 oz Chicken Patty on 2 oz WG Bun [2 OEG] (19) BBQ Packet(5) Milk(12)	4 oz. 100% Juice(15) ¼ c Tater Tots (18) 1.5oz Turkey Ham 0.5oz Swiss Cheese 2 oz WG Ciabatta [2 OEG] (30) Mayo Packet Milk(12)	½ c Applesauce (15) ¾ c Green Beans (7) 2 oz Homemade Salisbury Steak w/ Gravy 1 oz WG Dinner Roll [1 OEG] (13) Milk(12)
<b>Chicken Nuggets 12</b>	<b>Swedish Meatballs 13</b>	<b>Chef Salad 14</b>	<b>Turkey Ham Dinner 15</b>	<b>Stir Fry Chicken 16</b>
¼ c Craisins (28) ¾ c Hickory Beans (39) 5 WG Chicken Nuggets [2 oz MMA, 1 OEG] (12) 1oz WG Cookie [10EG] (13) BBQ Packet (5) Milk(12)	4oz 100% Juice (15) ¾ c Diced Carrots (7) 2 oz Meatballs w/ Gravy ½ c WG Pasta [1 OEG] (20) 1 oz Breadstick [1 OEG] (14) Milk(12)	½ c Banana (15) 1 c (½ c equ) Salad Mix ½ c Baby Carrots (10) 1.5oz Roasted Chicken 0.5oz Cheddar Cheese 1 oz Dinner Roll [1 OEG] (19) Ranch Dressing(2) Milk(12)	4 oz. 100% Juice (15) ½ c Mashed Potatoes (10) ¼ c Kernel Corn (5) 2 oz Turkey Ham w/ Gravy 1 oz WG Dinner Roll [1 OEG] (13) Milk(12)	½ c Applesauce (15) ¾ c Broccoli (7) 2 oz Stir Fry Chicken over ½ c Brown Rice [1 OEG] (23) 1ozDinner Roll [1OEG](13) Milk(12)
<b>Stuffed Pizza 19</b>	<b>Marinara Meatballs 20</b>	<b>11/21</b>	<b>11/22</b>	<b>11/23</b>
¼ c Craisins (28) ½ c Green Beans (5) WG Stuffed Cheese Pizza [2 oz MMA, 2 OEG] ¼ c Marinara (7) Milk(12)	4oz 100% Juice (15) ½ c Broccoli (5) 2 oz Meatballs w/ ¼ c Marinara Sauce ½ c WG Pasta [1 OEG] (45) Milk(12)	<b>No Service</b>	<b>Happy Thanksgiving!</b> 	<b>No Service</b>
<b>Cheese Pizza 26</b>	<b>Turkey Melt 27</b>	<b>Sweet and Sour Chicken 28</b>	<b>Loaded Mac &amp; Cheese 29</b>	<b>French Toast &amp; Sausage 30</b>
¼ c Craisins (28) 4 oz 100% Vegetable Juice (15) WG Cheese Pizza [2 oz MMA, 2 OEG] (34) Ranch Packet (2) Milk (12)	4oz 100% Juice (15) ¾ c Diced Carrots (7) 1.5oz Turkey 0.5oz American Cheese 2 oz WG Bread [2 OEG] (24) Mustard Milk(12)	½ c Banana (15) ¾ c Broccoli (7) 2 oz Chicken w/ Sweet & Sour Sauce ½ cBrown Rice[1OEG](23) 1oz WG Sugar Cookie [1 OEG] (13) Milk(12)	4 oz. 100% Juice (15) ¾ c Baked Beans(39) 2 oz Cheese Sauce 1 oz Diced Turkey Ham over ½ c WG Pasta [1 OEG] (20) Milk (12)	½ c Applesauce (15) ¼ c Tater Tots (18) 2 WG French Toast Sticks [1.75 OEG](22) 2 oz Turkey Sausage (2 MMA) Syrup Cup(31) Ketchup Milk(12)

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