

# November 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 -hamburger cream of mush (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) broccoli (1/4 c) 1% milk (3/4 C)	2 -turkey do on bun(1full) applesauce (1/4 c) green beans (1/4 c) 1% milk (3/ 4 c)
5 ham sandwiches (2 slices wg bread 1 ½ oz ham) peaches ( 1/4c) Cucumbers (1/4c) 1% milk (3/4c)	<b>6 Holiday No School</b>	7 shoyu chicken (& 1.5 oz ) Hapa rice (1/2 c) Peaches (1/4 c) Broccoli (1/4 c) 1% milk (3/4 c)	8 fish sticks (3 pieces) Hapa rice (1/2 c) Applesauce (1/4c) Corn (1/4c) 1% milk (3/4c)	9 – sloppy joes (1/2 c meat sauce & bun) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 c)
<b>12 Holiday No School</b>	13 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4 c) broccoli (1/4 c) 1% milk (3/ 4 c)	14 beef & bean chili (1/2 c) Hapa rice (1/2 c) Pears (1/4 c) Corn (1/4c) 1% milk (3/4c)	15 taco salad (1oz beef, ½ oz cheese, 1/4c lettuce & cabbage) Peaches (1/4c) slice of wheat bread 1% milk (3/4c)	16 hamburger (2.25oz) on bun Pears (1/4c) green beans (1/4c) 1% milk (3/4c)
19 -PB&J sandwiches (2sl. wg bread 1 ½ oz turkey) Pears (1/4c) Carrots (1/4c) 1% milk (3/4c)	20 pork & beans (1/2c) Hapa rice (1/2c) Peaches (1/4c) green beans (1/4c) 1% milk (3/4c)	21 roast turkey & gravy (1.5 oz) Hapa rice (1/2 c) Pears (1/4 c) corn (1/4 c) 1% milk (3/4 c)	<b>22 Holiday No School</b>	<b>23 Holiday No School</b>
26 turkey sandwiches (2 slices wg bread 1 ½ oz ham) peaches ( 1/4c) Cucumbers (1/4c) 1% milk (3/4c)	27 salisbury steak& gravy (2.25oz) Hapa rice (1/2 c) Pears (1/4c) green beans (1/4c) 1% milk (3/4c)	28 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4 c) broccoli (1/4 c) 1% milk (3/ 4 c)	29 spaghetti (1/2 c pasta & 1/2c meat sauce) pears (1/4 c) corn (1/4 c) 1% milk (3/4 c)	30 mac & cheese w/ turkey dogs (1/2c pasta 1.5 oz chopped turkey dogs) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)

This menu is subject to change based upon the availability of products.

Rice is hapa ½ white ½ brown

AM snack: ½ cup oranges, ¼ cup cheerios & crackers

PM snack: ½ cup 1% milk, ¼ cup cheerios & crackers