

NOVEMBER

LUNCH 2016-2017

WG=WHOLE GRAIN

ALL MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31 CHICKEN TENDERS ON SHR. CABBAGE & STM RICE</p> <p>BROCCOLI/CARROTS OR APPLE SC.</p>	<p>1 potato crunch fish & RICE AND ORANGE</p> <p>RAINBOW SALAD OR BAKE BEANS</p>	<p>2 NACHO/BEEF & BEAN & FRUIT JUICE</p> <p>GARDEN SALAD</p>	<p>3 ASIAN CHICKEN ON SHREDD. CABBAGE RICE & PEACHES</p> <p>VEGETABLE MEDLEY & WG ROLL</p>	<p>4 CHS. BURGER ON W/G BUN & POT. WEDGE</p> <p>baby carrots or LETTUCE OR TOMATO OR APPLE WEDGE</p>
<p>7 PULLED CHICKEN & WHIP POTATO & GRAVY & APPLES</p> <p>EDAMAME/CORN/ BROC. OR W/G ROLL</p>	<p>8 ELECTION DAY NO SCHOOL</p>	<p>9 CHICKEN PATTY W/ WG BUN ,OVEN FRIES</p> <p>LETTUCE OR TOMATO OR ORANGE WEDGE</p>	<p>10 KALUA CABBAGE & STEAMED RICE & PINEAPPLE</p> <p>LOMI TOMATO OR</p>	<p>11 VETERANS DAY</p> <p>NO SCHOOL</p>
<p>14 BEEF STEW & STEAMED RICE</p> <p>MIXED FRUITS OR W/G CORNBREAD</p>	<p>15 WEINER ON W/G BUN & POTATO ROUNDS</p> <p>OR BAKE BEANS VEGGIE STIX OR OR APPLE</p>	<p>16 CREOLE MACARONI & PEACHES</p> <p>GARDEN SALAD OR W/G FRENCH BREAD</p>	<p>17 CHICKEN FINGERS & STEAMED RICE & PINEAPPLE OR LETTUCE & TOMATO baby carrots</p>	<p>18 RST. TURKEY WGRAVY & WHIP POTATO AND ORANGE</p> <p>edamame/carrot/corn OR W/G ROLL</p>
<p>21 P/C DAY NO STUDENTS NO SCHOOL</p>	<p>22 LED CONFRENCE NO STUDENTS NO SCHOOL</p>	<p>23 LED CONFRENCE NO STUDENTS NO SCHOOL</p>	<p>24 THANKS GIVING NO SCHOOL</p>	<p>25 DAY NO SCHOOL</p>
<p>28 PULLED CHICKEN & WHIP POTATO & GRAVY & APPLES</p> <p>EDAMAME/CORN/ BROC. OR W/G ROLL</p>	<p>29 CHICKEN PATTY W/ WG BUN ,OVEN FRIES</p> <p>LETTUCE OR TOMATO OR ORANGE WEDGE</p>	<p>30 BAKED SPAGHETTI & PEACHES</p> <p>SPINACH/ ROMAINE OR W/G FRENCH ROLL</p>	<p>1 ITALIAN SAUSAGE PIZZA & FRUIT JUICE OR BAKE BEANS OR baby carrots or OR GARDEN SALAD</p>	<p>2 KALUA CABBAGE & STEAMED RICE & PINEAPPLE</p> <p>LOMI TOMATO OR</p>

ALL LUNCH COMES WITH CHOICE OF 1% OR SKIM MILK , 1/2 PINT