

NOVEMBER 2023 LUNCH MENU



ROCKETS LOINGII IVILING					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1 1, 2, 4, 10 Breaded Chicken Strips Green Beans Apricots	2 1, 3 Hamburger on Bun Pickles Cooked Carrots Fruit Mix	3 Bosco Stick Marinara Sauce Celery / Carrots / Dip Fresh Fruit	White 1% Chocolate 1% Skim **Lunch Options** 1.Main Entrée or 2. PBJ Sandwich or PB
French Toast Bites / Syrup Egg/Cheese/Omelet Hash Brown Sticks Blueberries	7 1, 2, 4, 10 Chicken Zoo Crews Green Beans Applesauce	8 Beefy Nachos Meat, Chips, & Cheese Carrots / Dip Tropical Fruit	9 1, 3, 7 Breaded Chicken Patty on Bun Corn Peaches	10 1, 8 Country Fried Steak Biscuit Mashed Potatoes Country Gravy Pears	only Sandwich, Cheese Stick / Cheese Cubes 3. Yogurt, Muffin, & Cheese Stick / Cheese Cubes Student Lunch \$3.00 Adult Lunch \$3.50
13 1, 2, 4, 8, 10 Chicken Nuggets Bread & Butter Mashed Potatoes Gravy Pears	14 Cheese Quesadilla Chips / Salsa Corn Pineapple	Chicken Noodle Soup / Crackers Tuna Salad or PBJ Sandwich Carrots / Dip Fresh Fruit	16 BBQ Rib on Bun Green Beans Peaches	17 1, 3, 7 Grilled Chicken Patty on Bun Mixed Vegetables Applesauce	Extra Main Entrée \$1.00 Extra Milk 50 cents Snacks 50 cents Students Must take a Fruit or Vegetable
Sloppy Joe Pickles Corn on the Cob Fruit Mix	21 7 Ham/Cheese or Turkey/Cheese Wrap Fresh Veggies / Dip Fruit Gels Treat	NO SCHOOL THANKSGIVING BREAK	23 NO SCHOOL HAPPY THANKSGIVING	NO SCHOOL THANKSGIVING BREAK	Menu Subject to Change Without notice
27 1, 3 Tenderloin on Bun Pickles Green Beans Apricots	28 1, 2, 4, 10 Chicken Fries Corn Apple Crisp	Pizza Romaine Lettuce Tropical Fruit Cookie	30 1, 3 Hot Dog on Bun Baked Beans Peaches	1 Ketchup 9 Dressings 2 BBQ 10 Honey 3 Mustard 4 Honey Mustard 5 Taco Sauce 6 Parm Cheese 7 Mayo 8 Margarine	Choose MyPlate.gov