

NOVEMBER



ELEMENTARY MENU

Gobble Gobble



**Gobble up Good Nutrition
with School Lunch !!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div>1</div> <div>Mini French Toast & Syrup or Cereal & Toast Fresh Fruit & Fruit Juice Milk</div> <div>-----</div> <div>Spicy or Honey BBQ Chicken Wings Biscuit Mashed Potatoes Orange Wedges Milk</div>	<div>2</div> <div>Tornados or Cereal & Toast Fresh Fruit & Fruit Juice Milk</div> <div>-----</div> <div>Hamburger or Cheeseburger French Fries Grapes Milk</div> 	<div>3</div> <div>Biscuit & Sausage Gravy or Cereal & Toast Fresh Fruit & Fruit Juice Milk</div> <div>-----</div> <div>Chili Cheez- Its Celery & Carrot Sticks Applesauce Milk</div>	<div>4</div> <div>Mini Cinnis or Cereal & Toast Fresh Fruit & Fruit Juice Milk</div> <div>-----</div> <div>Cheese or Pepperoni Pizza Wedge Tossed Salad Pears Milk</div> 
<div>7</div> <div>Scrambled Eggs & Toast or Cereal & Toast Fresh Fruit & Fruit Juice Milk</div> <div>-----</div> <div>Hot Ham & Cheese Sandwich Glazed Carrots Cherry Crisp Milk</div> 	<div>8</div> <div>Mini Pancakes & Syrup or Cereal & Toast Fresh Fruit & Fruit Juice Milk</div> <div>-----</div> <div>Chicken Nuggets Mashed Potatoes & Gravy Grapes Milk</div>	<div>9</div> <div>Early Release</div> <div>Tornados or Cereal & Toast Fresh Fruit & Fruit Juice Milk</div> <div>-----</div> <div>Hot Dog Baked Beans Peach Cup Cheetos Milk</div> 	<div>10</div> <div>Breakfast Biscuit Sandwich or Cereal & Toast Fresh Fruit & Fruit Juice Milk</div> <div>-----</div> <div>Spaghetti & Meat Sauce Garlic Toast Romaine Salad Strawberries Milk</div>	<div>11</div>   <div>Long John Donut & Toast or Cereal & Toast Fresh Fruit & Fruit Juice Milk</div> <div>-----</div> <div>Chicken Fajitas Refried Beans Fresh Fruit American Flag Shape Up Milk</div>

**VETERANS
DAY**

Available Daily for Lunch

- PB & J Sandwich w/Yogurt
- Chef Salad w/Crackers

Menus Subject to Change
This institution is an equal opportunity provider.



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Pumpkin Facts:


- Pumpkins are usually orange but can sometimes be yellow, white, green or red.
- The name pumpkin comes from the Greek word 'pepon', meaning 'large melon'.
- Scientifically speaking, pumpkins are a fruit (they contain seeds) but when it comes to cooking, they are often referred to as vegetables.
- They vary in weight but an average sized pumpkin might weigh around 13 pounds (6 kilograms).
- Giant pumpkins can be grown for competitions, with some weighing over 1000 pounds! (450 kilograms). In 2010, the world record was 1810 pounds! That's huge!!
- Pumpkin plants feature both male and female flowers, with bees typically being involved in pollination (the transfer of pollen).
- Over 1 billion pounds (450 million kgs) of pumpkin are produced in the US every year.

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Mon	Tues	Wed	Thurs	Fri
14 Scrambled Eggs & Toast or Cereal & Toast Fresh Fruit & Fruit Juice Milk ----- Mozzarella Bosco Breadsticks Tossed Salad Pears Milk	15 Mini Waffles & Syrup or Cereal & Toast Fresh Fruit & Fruit Juice Milk ----- Hamburger or Cheeseburger French Fries Cantaloupe Milk	16 Biscuit & Sausage Gravy or Cereal & Toast Fresh Fruit & Fruit Juice Milk ----- Mini Corn Dogs Broccoli & Cheese Sauce Apple Wedges Milk	17 Tornadoes & Toast or Cereal & Toast Fresh Fruit & Fruit Juice Milk Thanksgiving Lunch Turkey Roast & Gravy Mashed Potatoes & Gravy Green Beans Hot Roll Pumpkin Pie Milk 	18 Mini Donuts & Toast or Cereal & Toast Fresh Fruit & Fruit Juice Milk ----- BBQ Rib Sandwich Buttered Corn Orange Wedges Milk
21 Manager's Choice or Cereal & Toast Fresh Fruit & Fruit Juice Milk ----- Manager's Choice Choice of Vegetable Choice of Fruit Milk 	22 Manager's Choice or Cereal & Toast Fresh Fruit & Fruit Juice Milk ----- Manager's Choice Choice of Vegetable Choice of Fruit Choc Marble Ice Cream Cup Milk	23 THANKSGIVING BREAK NOVEMBER 23-25TH 		
28 Cereal Bar & Toast or Cereal & Toast Fresh Fruit & Fruit Juice Milk ----- Ravioli Garlic Toast Green Beans Applesauce Milk	29 Cinnamon Swirl Coffee Cake or Cereal & Toast Fresh Fruit & Fruit Juice Milk ----- Chicken Strips Mashed Potatoes & Gravy Grapes Milk 	30 Breakfast Sliders or Cereal & Toast Fresh Fruit & Fruit Juice Milk Brunch Lunch Mini Pancakes & Syrup Sausage Links Hashbrown Blueberries & Yogurt Milk	Dec 1 Pancake Sausage Stick or Cereal & Toast Fresh Fruit & Fruit Juice Milk ----- Taco Crunch Shredded Lettuce & Cheese Salsa Refried Beans Fresh Fruit Salad Milk	2 Cinnamon Roll & Toast or Cereal & Toast Fresh Fruit & Fruit Juice Milk ----- Cheese or Pepperoni Pizza Garden Salad Jello w/Fruit Milk