

November 2021



LOWFAT MILK OFFERED DAILY														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
Hot Menu	Take Out		Hot Menu	Take Out		Hot Menu	Take Out		Hot Menu	Take Out		Hot Menu	Take Out	
Chicken Tenders	Chicken Patty	1	Beef Tacos	Nachos Supreme	2	Meatloaf	Turkey & Cheese Sand	3	Turkey Roast	BBQ Chicken Sand	4	Pizza	Meatball Sub	5
Mac & Cheese	French Fries		W/ Fixins	W/ fixins		Mashed Potato & Gravy	Lettuce/ Tomato		Sweet potato casserole	French Fries		Marinara Sauce	French Fries	
Green Peas	Fruit		Black Beans	Fruit		Roll	French Fries		Rice & Gravy	Fruit		Banana	Fruit	
Carrots	Milk		Breadsticks	Milk		Fruit	Fruit		Cauliflower	Milk		Milk	Milk	
Texas Toast			Fruit			Milk	Milk		Roll					
Fruit			Milk						Milk					
Milk														
1	Yogurt or Hummus		Yogurt or Hummus			Yogurt OR Hummus			Yogurt OR Hummus			Yogurt or Hummus		
Korean Style Chicken Over Rice	Chicken Patty	8	Chicken Fajita	Hamburger	9	Breezy Mac	Pulled Pork Sandwich	10	Oven Fried Chicken	Chicken Tender Basket	11	Hot Dog w Chili		12
Breadstick	French Fries		Ranchero Beans	French Fries		Green Beans	French Fries		Coleslaw	French Fries		French Fries		
Steamed Broccoli	Fruit		Corn	Fruit		French Bread	Fruit		Biscuit	Fruit		Carrots		
Carrots	Milk		Carrots	Milk		Fruit	Milk		Rice & Gravy	Milk		Fruit		
Fruit			Breadsticks			Milk			Milk			Milk		
Milk			Fruit											
Milk			Milk											
2	Yogurt or Hummus		Yogurt OR Hummus			Yogurt OR Hummus			Yogurt OR Hummus			Yogurt OR Hummus		
Chicken Tenders	Chicken Patty	15	Beef Burrito w/cheese	Nachos Supreme	16	Chicken Fettucini	Grilled Cheese	17	Turkey Roast	BBQ Chicken Sand	18	Pizza	Meatball sub	19
Mac & Cheese	French Fries		Black Beans	W/ Fixins		Steamed Broccoli	French Fries		Cornbread Dressing	French Fries		Marinara Sauce	French Fries	
Carrots	Fruit		Fruit	Fruit		Fruit	Fruit		Cauliflower	Fruit		Bananas	Fruit	
Apples	Milk		Cinn. Breadstick	Milk		Garlic Breadstick	Milk		Roll	Milk		Milk	Milk	
Roll			Milk						Fruit					
Milk									Milk					
3	Yogurt OR Hummus		Yogurt OR Hummus			Yogurt OR Hummus			Yogurt OR Hummus			Yogurt OR Hummus		
		22			23			24			25			26
	Happy Thanksgiving			Happy Thanksgiving			Happy Thanksgiving			Happy Thanksgiving			Happy Thanksgiving	
4														
Chicken Tenders	Chicken Patty Sandwich	29	Beefy Burrito w/Cheese w/Fixings	Hamburger	30									
Mashed Potato & gravy	French Fries		Black Beans	French Fries										
Salad	Fruit		Cinnamon Breadstick	Fruit										
Breadstick	Milk		Fruit	Milk										
Fruit			Milk											
Milk														
4	Yogurt OR Hummus		Yogurt or Hummus											