

NOVEMBER 2018

Verona Vernon Sherrill

Monday

Tuesday

Wednesday

Thursday

Friday

A La Carte

Did You Know...

Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

Hot Dog on a Bun

5

Tator Tots
Baked Beans
Fruit

Beefy Soft Tacos/Cheese

6

Romaine Lettuce/Tomatoes
Salsa, Corn
Apple/Fruit Cup

Pepperoni OR Garlic Pizza

7

Carrot Cup/Dip
Assorted Fruit Cup

Chicken Fajita
With WG Tortilla/Cheese

8

Lettuce ,Tomato, Salsa
Broccoli
Grapes/Fruit Cup

Pizza Crunchers

9

Marinara Sauce
Sweet tots
Assorted Fruit

Veteran's Day

12

No School

Sampler Lunch
Chicken Strip/Mozz Stick

13

Marinara Sauce/Dip
Peas /WG Roll
Fruit Cup/Orange

Cheese OR Garlic Pizza

14

Carrot Sticks/ Dip
Assorted Fruit Cup

Roast Turkey/Roll

15

Potatoes w/Gravy
Carrots (steamed)
Apple Slices/Fruit Cup

Fish Fillet on a Roll

16

Green Beans
Coleslaw
Assorted Fruit Cups

French Toast Sticks

19

Breakfast Sausage
Broccoli/Carrot/Celery Cup
Asst.Fruit Cup

Deli Style
Turkey or Tuna Salad
Romaine Lettuce, Tomato

20

Sweet Potato Tots
Baked Beans
Apple/Fruit Cup

Thanksgiving Recess

No School

Ultimate Cheeseburger on a Bun

26

French Fries (Lettuce, Tomato)
Baked Beans
Assorted Fruit

Homemade Spaghetti
with Meat Sauce

27

Green Beans
WG Roll & Butter
Apple/Fruit Cup

Pepperoni OR Garlic Pizza

28

Carrot Cup/Dip
Assorted Fruit Cup

Chicken Nuggets /Roll

29

Rice
Cauliflower (roasted)
Banana/Fruit Cup

Macaroni and Cheese

30

Broccoli (steamed)
Whole Grain Roll
Assorted Fruit

K-8
6oz Yogurt with String Cheese and Roll
PB&J Sandwich on Whole Grain Bread
9-12
Cheese or Garlic Pizza
Asst Deli Sandwich on Whole Grain Bread
Asst Salad with Whole Grain Roll
Chicken Patty
Hamburger

SERVED DAILY
Assorted Fruit Cup
Fresh Fruit

CHOICE OF MILK
1% White, Fat Free-White, Fat Free-Chocolate, or Fat Free Strawberry

HARVEST OF THE MONTH
CAULIFLOWER
DAILY
MILK
APPLE
PIZZA CRUST

School News

November 12th -Veteran's Day—No School

November 21st-23rd - Thanksgiving Recess—No Classes

Meal Prices K- 6 7-12

Breakfast	\$1.00	\$1.00
Lunch	\$1.80	\$2.05

*Menu subject to change