



Head Start Lunch

November 2017



30
Mesquite Chicken Drumstick, Roll

side items
Mashed Potato, Fresh Broccoli
Whole Orange

31
Spaghetti & Beef Sauce, Garlic Toast

side items
Green Beans, Baby Carrots
Whole Apple

1
Hot Dog

side items
Glazed Carrots, Sliced Cucumbers
Whole Orange

2
Turkey Soft Tacos, Mex Spiced Rice

side items
Kickin' Pintos, Fresh Zucchini
Sliced Apples

3
Pepperoni Pizza

side items
Steamed Spinach, Tomato Wedges
Banana

6
Chicken Patty SDW

side items
Mashed Potato, Fresh Broccoli
Whole Orange

7
Chicken Nuggets, Roll

side items
Green Beans, Fresh Zucchini
Whole Apple

8

No School
Teacher Work Day

side items

9

side items

10

VETERANS DAY
HONORING ALL WHO SERVED

side items

13
Mozzarella Sticks, Marinara Sauce

side items
Steamed Corn, Fresh Broccoli
Whole Orange

14
Chicken Quesadilla Mex Spiced Rice

side items
Kickin' Pintos, Baby Carrots
Whole Apple

15
Hot Dog

side items
Glazed Carrots, Sliced Zucchini
Whole Orange

16 Thanksgiving Lunch
Roasted Turkey, Stuffing, Gravy

side items
Sweet Potato, Steamed Green Beans
Warm Cinnamon Apples

17
Cheese Pizza

side items
Steamed Broccoli, Cucumber Slices
Banana

20
Chicken Patty SDW

side items
Green Beans, Tomato Wedges
Whole Orange

21
Macaroni & Cheese

side items
Glazed Carrots, Fresh Broccoli
Whole Apple

22

HAPPY Thanksgiving

side items

23

side items

24

side items

27
Pancakes, Sausage, Syrup

side items
Tater Tots, Fresh Broccoli
Whole Orange

28
Fish Sticks, Mac & Cheese

side items
Green Beans, Baby Carrots
Whole Apple

29
Chicken Drumstick, Corn Bread Muffin

side items
Cinn Sweet Potatoes, Fresh Zucc
Whole Orange

30
Chicken Ranch Flatbread SDW

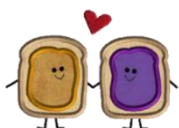
side items
Campfire Beans, Fresh Celery Sticks
Sliced Apples

1
Pepperoni Pizza

side items
Steamed Spinach, Cucumber Slices
Banana

Lunch: 1 Fruit OR Vegetable + a minimum of 2 other components

PB&J Sandwiches Offered Everyday



C is for Cookie Wednesday!

Free Cookie included with every meal!



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