

Penderlea Lunch

November 2017



30
Mesquite Chicken Drumstick, Roll
 Chicken Patty SDW
 Chicken & Cheese Salad/Roll

side items
 Mashed Potato, Fresh Broccoli, Side Salad
 Whole Orange, Mixed Fruit, Apple Juice

31
Spaghetti & Beef Sauce, Garlic Toast
 Chicken Nuggets, Roll
 Ham Chef Salad, Roll
 Ham & Cheese SDW

side items
 Green Beans, Baby Carrots, Side Salad
 Whole Apple, Raisins, Orange Juice

1
BBQ Rib SDW
 Hot Dog
 Ham & Turkey Cobb Salad, Roll

side items
 Glazed Carrots, Sliced Cucumbers, Side Salad
 Whole Orange, Applesauce Cup, Fruit Juice

2
Turkey Soft Tacos, Mex Spiced Rice
 Chicken Nuggets, Roll
 Turkey Chef Salad, Roll
 Turkey & Cheese SDW

side items
 Kickin' Pintos, Fresh Zucchini, Side Salad
 Sliced Apples, Diced Peaches, Grape Juice

3
Pepperoni Pizza
 Cheeseburger
 Italian Salad, Roll

side items
 Steamed Spinach, Tomato Wedges, Side Salad
 Banana, Diced Pears, Orange Juice

6
Cheesy Meatloaf, Gravy
 Chicken Patty SDW
 Chicken & Cheese Salad/Roll

side items
 Mashed Potato, Fresh Broccoli, Side Salad
 Whole Orange, Mixed Fruit, Apple Juice

7
Inside Out Penne Pasta
 Chicken Nuggets, Roll
 Ham Chef Salad, Roll
 Ham & Cheese SDW

side items
 Green Beans, Fresh Zucchini, Side Salad
 Whole Apple, Raisins, Orange Juice

8
Popcorn Chicken Bowl, Roll
 Hot Dog
 Ham & Turkey Cobb Salad, Roll

side items
 Glazed Carrots, Sliced Cucumbers, Side Salad
 Whole Orange, Cinn Applesauce Cup, Fruit Juice

9
Tater Bite Beef Nachos, Tortilla Rounds
 Chicken Nuggets, Roll
 Turkey Chef Salad, Roll

side items
 Kickin' Pintos, Baby Carrots, Side Salad
 Sliced Apples, Diced Peaches, Grape Juice

10 **No School**

VETERANS DAY
 HONORING ALL WHO SERVED

13
Mozzarella Sticks, Marinara Sauce
 Chicken Patty SDW
 Chicken & Cheese Salad/Roll

side items
 Steamed Corn, Fresh Broccoli, Side Salad
 Whole Orange, Mixed Fruit, Apple Juice

14
Chicken Quesadilla
 Chicken Nuggets, Roll
 Ham Chef Salad, Roll
 Ham & Cheese SDW

side items
 Kickin' Pintos, Baby Carrots, Side Salad
 Whole Apple, Raisins, Orange Juice

15
Chicken Alfredo Penne Pasta
 Hot Dog
 Ham & Turkey Cobb Salad, Roll

side items
 Glazed Carrots, Sliced Zucchini, Side Salad
 Whole Orange, Strawberry Applesauce Cup, Fruit Juice

16 **Thanksgiving Lunch**

Roasted Turkey, Stuffing/Roll, Gravy
 Chicken Patty SDW

side items
 Mashed Potato, Sweet Potato, Steamed Green Beans
 Warm Cinnamon Apples, Apples, Side Salad

17
Cheese Pizza
 Cheeseburger
 Italian Salad, Roll

side items
 Steamed Broccoli, Cucumber Slices, Side Salad
 Banana, Diced Pears, Orange Juice

20
Salisbury Steak, Rice, Gravy
 Chicken Patty SDW
 Chicken & Cheese Salad/Roll

side items
 Green Beans, Tomato Wedges, Side Salad
 Whole Orange, Mixed Fruit, Apple Juice

21
Macaroni & Cheese
 Chicken Nuggets, Roll
 Ham Chef Salad, Roll
 Ham & Cheese SDW

side items
 Glazed Carrots, Fresh Broccoli, Side Salad
 Whole Apple, Raisins, Orange Juice

22 **23** **24**

side items

27
Pancakes, Sausage, Syrup
 Chicken Patty SDW
 Chicken & Cheese Salad/Roll

side items
 Tater Tots, Fresh Broccoli, Side Salad
 Whole Orange, Mixed Fruit, Apple Juice

28
Fish Sticks, Mac & Cheese
 Chicken Nuggets, Roll
 Ham Chef Salad, Roll
 Ham & Cheese SDW

side items
 Green Beans, Baby Carrots, Side Salad
 Whole Apple, Raisins, Orange Juice

29
Chicken Drumstick, Corn Bread Muffin
 Hot Dog
 Ham & Turkey Cobb Salad, Roll

side items
 Cinn Sweet Potatoes, Fresh Zucc, Side Salad
 Whole Orange, Mango Peach Applesauce Cup, Fruit Juice

30
Chicken Ranch Flatbread SDW
 Chicken Nuggets, Roll
 Turkey Chef Salad, Roll
 Turkey & Cheese SDW

side items
 Campfire Beans, Fresh Celery Sticks, Side Salad
 Sliced Apples, Diced Peaches, Grape Juice

1
Pepperoni Pizza
 Cheeseburger
 Italian Salad, Roll

side items
 Steamed Spinach, Cucumber Slices, Side Salad
 Banana, Diced Pears, Orange Juice

PB&J Sandwiches Offered Everyday (Sun-butter offered at Peanut aware sites)

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

C is for Cookie Wednesday!
Free Cookie included with every meal!



Visit us online at pender.schooldish.com