

Grades 6-8

# November 2012

Why is milk a required part of School Lunch?

Milk is a required component of the National School Lunch Program. Milk contributes important nutrients such as protein, calcium, riboflavin, Vitamin A, and Vitamin D.

Drink milk to grow up strong!

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\*items served together

- Milk Served Daily -



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## Did you know?

Though many competing claims exist, the most familiar story of the first Thanksgiving took place in Plymouth Colony, in present-day Massachusetts, in 1621.

5  
BBQ Pork Riblets\*  
Baked Chicken\*  
Bean & Rice Burrito (V)  
Craisly Turkey Apple Salad  
\*Whole Grain Dinner Roll  
Baked Beans  
Garden Salad  
Orange Wedges  
Pineapple

6  
Broccoli Cheese Minis (V)  
Corn Dog  
Lasagna  
Tuna Wrap  
Snap Peas  
Cucumber & Carrot Sticks  
Apple Slices  
Pears  
Chocolate Chip Cookie

7  
Cheese Omelet or Sausage Patty\*  
\*Mini Blueberry Pancakes  
Turkey or Veggie Wrap (V)  
Deli Roasters  
Broccoli  
Grapes  
Mandarin Oranges  
Fruit Swirl Cup

1  
Chicken or Black Bean(V) Quesadillas  
Beef & Broccoli Bowl  
Mexican Chicken Salad  
Ham Wrap  
Fresh Veggie Bowl  
Broccoli  
Banana  
Applesauce

2  
**Teacher Work Day**  
  
*No School*

8  
Tuna Sub  
Chicken Veggie Alfredo  
Mozzarella Sticks (V)  
Fajita Chicken Salad  
Steamed Carrots  
Green Beans  
Banana  
Applesauce

9  
Buffalo Chicken Bites\*  
Chicken Bites\*  
Chik'N Nuggets (V)  
Ham Salad  
\*Mashed Potatoes/Dinner Roll  
Fresh Veggie Bowl  
Broccoli, Cauliflower & Carrots  
Fresh Fruit  
Fruit Cocktail

12  
**Veteran's Day**  
  
*No School*

13  
Southwest Taco Bowl  
Chicken Parmesan  
Beef or Black Bean (V) Tacos  
Mexican Chicken Salad  
Carrot Sticks  
Green Beans  
Apple Slices  
Peaches

14  
Chicken Fryz  
Philly Cheese Steak Sub  
Buffalo Chicken Wrap  
Cheese Salad (V)  
Garden Salad  
Sweet Potato Crinkles  
Grapes  
Mandarin Oranges  
Banana Bread

15  
Hamburger  
Grilled Ham & Cheese  
Chicken or Chik'n (V) Patty  
Sandwich  
Craisly Turkey Apple Salad  
Baked Beans  
Steamed Carrots  
Banana  
Applesauce  
Oatmeal Raisin Cookie

16  
Cheese Pizza (V)  
Pepperoni Pizza  
Chicken & Mini Dumplings  
Ham Salad  
Broccoli  
Tomato & Cucumber Salad  
Fresh Fruit  
Peaches

19  
Chicken Tenders\*  
Veggie Burger (V)  
Turkey Wrap  
Chicken Tender Salad  
\*Whole Grain Dinner Roll  
Snap Peas  
Garden Salad  
Pineapple  
Orange Wedges

20  
Macaroni & Cheese (V)  
Chicken Patty Sandwich  
Ham & Cheese Sub  
Turkey Salad  
Green Beans  
Sweet Potato Crinkles  
Apple Slices  
Peaches

21  
Chicken Fiesta Wrap  
Meat Nachos  
Black Bean Fiesta Wrap (V)  
Chef Salad  
Tomato & Cucumber Salad  
Broccoli, Cauliflower & Carrots  
Grapes  
Mandarin Oranges

22  
**Happy Thanksgiving!**

23  
**Recess Day**  
  
*No School*

26  
Tuna Tetrizzini  
Cheese Pizza (V)  
Pepperoni Pizza  
Chef Salad  
Garden Salad  
Broccoli, Cauliflower & Carrots  
Orange Wedges  
Pineapple

27  
BBQ Chicken Bites\*  
Chicken Bites\*  
Turkey Salad  
Veggie Wrap (V)  
\*Mashed Potatoes  
Tomato & Cucumber Salad  
Corn  
Apple Slices  
Pears  
Carrot Bread

28  
Beef or Chicken Stir-Fry  
Chicken Egg Roll & Rice  
Mozzarella Sticks (V)  
Asian Chopped Salad  
Carrot Sticks  
Snap Peas  
Grapes  
Mandarin Oranges  
Fruit Swirl Cup

29  
Chicken or Black Bean (V) Quesadillas  
Beef & Broccoli Bowl  
Mexican Chicken Salad  
Ham Wrap  
Fresh Veggie Bowl  
Broccoli  
Banana  
Applesauce  
Oatmeal Raisin Cookie

30  
Chicken Parmesan  
Turkey & Cheese Sub  
Orange Ginger Chicken Bowl  
Veggie Burger (V)  
Pears  
Green Beans  
Fresh Fruit  
Peaches  
Fruit Swirl Cup

