





November-2017



THOMASTON SCHOOL LUNCH
BLACKROCK SCHOOL

MILK \$.50

LUNCH \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30-Oct</p> <p>HOT DOG ON A BUN BAKED BEANS</p> <p>CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY</p>	<p>31</p> <p>HALLOWEEN FUN SHAPED CHICKEN NUGGETS CORN BROWN RICE HOLIDAY TREAT </p> <p>CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>1-Nov</p> <p>PENNE PASTA WITH MEAT SAUCE GARLIC BREAD GREEN BEANS</p> <p>CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>2</p> <p>HAMBURGER or CHEESEBURGER ON A BUN OVEN BAKED FRIES</p> <p>CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>3</p> <p>STUFFED CRUST CHEESE PIZZA ROMAINE GARDEN SALAD</p> <p>CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY</p>
<p>6-Nov</p> <p>TERIYAKI CHICKEN BITES DINNER ROLL CORN</p> <p>CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY</p>	<p>7-Nov</p> <p>WARM SOFT PRETZEL CHOOSE 1 OR 2 CHEESE SAUCE, PEANUT BUTTER, STRING CHEESE OR YOGURT STEAMED BROCCOLI CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>8-Nov</p> <p>SOFT SHELL BEEF TACO LETTUCE, TOMATO, CHEESE SWEET CORN CT GROWN APPLE</p> <p>CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>9-Nov</p> <p>HAPPY BIRTHDAY! TO ALL NOVEMBER BIRTHDAYS STUFFED CRUST CHEESE PIZZA GARDEN SALAD Whole Grain Mini Rice Krispie Treat CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY</p>	<p>10-Nov</p> <p></p>
<p>13</p> <p>CHICKEN NUGGETS BROWN RICE DIPPING SAUCES CARROTS</p> <p>CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>14</p> <p>PIZZA CRUNCHERS STEAMED GREEN BEANS</p> <p>CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>15</p> <p>MINI PANCAKES WITH SAUSAGE PATTIE SYRUP OVEN BAKED POTATOES PUFFS</p> <p>CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>16</p> <p>HOLIDAY MEAL ROASTED TURKEY & GRAVY MASHED POTATOES DINNER ROLL SWEET PEAS HOLIDAY COOKIE CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>17</p> <p>STUFFED CRUST CHEESE PIZZA ROMAINE GARDEN SALAD</p> <p>CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY</p>
<p>20</p> <p>CHICKEN TENDERS BUTTERED NOODLES DIPPING SAUCES CARROTS</p> <p>CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY</p>	<p>21</p> <p>STUFFED CRUST CHEESE PIZZA GARDEN SALAD</p> <p>CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>22</p> <p></p>	<p>23</p> <p> <i>Happy Thanksgiving! To You And Your Family</i></p>	<p>24</p> <p>There are 7,500 recognized varieties of apple today around the world. Apples grow only in temperate climates because they need a cold period in which to go dormant. Some trees can withstand temperatures down to -40 F.</p>
<p>27</p> <p>POPCORN CHICKEN BITES MACARONI SALAD DIPPING SAUCES CORN</p> <p>CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY</p>	<p>28</p> <p>MOZZARELLA STICKS MARINARA DIPPING SAUCE STEAMED GREEN BEANS</p> <p>CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>29</p> <p>BEEF NACHOS with CHEESE SAUCE STEAMED BROCCOLI</p> <p>CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>30</p> <p>TOASTED CHEESE SANDWICH TOMATO SOUP</p> <p>CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>1-Dec</p> <p>STUFFED CRUST CHEESE PIZZA ROMAINE GARDEN SALAD</p> <p>CANNED FRUIT TRAY / FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY</p>

ADDITIONAL ENTREES SERVED DAILY

Choice #2 ASSORTED GRINDERS

Choice #3 Warm soft bagel, Cream Cheese, Fruited Yogurt, Cheese Stick,

Choice #4 CHEF SALAD - Assorted salad greens, turkey and cheese with a dinner roll and croutons

Choice of non-fat or low fat, white milk or non fat chocolate, non fat strawberry milk included with every meal.

COMPLETE EACH MEAL WITH YOUR CHOICE OF A COLORFUL ASSORTMENT OF HIGH FIBER, VITAMIN PACKED FRESH VEGGIES AND FRESH FRUIT OR CANNED FRUIT

choose one or two vegetables daily



choose one fruit daily



SUBSTITUTIONS MAY OCCUR

This institution is an equal opportunity provider

ICE-CREAM & FROZEN TREATS \$1.00

WATER \$1.00

HEALTHY SNACKS
\$1.00

BREAKFAST
\$1.50

Milk Serving 8oz. Breads are Whole Grain
Fruit and Vegetables portioned in 1/2 cup servings