





**THOMASTON SCHOOL LUNCH
CENTER SCHOOL**



MILK \$.50
LUNCH \$3.00

November-2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30-Oct ALL BEEF HOT DOG ON A BUN <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> BAKED BEANS CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	31-Oct HALLOWEEN FUN SHAPED CHICKEN NUGGETS BROWN RICE HOLIDAY TREAT  <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> CORN CANNED FRUIT TRAY /FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	1-Nov PENNE PASTA WITH MEAT SAUCE GARLIC BREAD <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> GREEN BEANS CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	2-Nov HAMBURGER or CHEESEBURGER ON A BUN <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> OVEN BAKED FRIES CANNED FRUIT TRAY /FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	3-Nov STUFFED CRUST CHEESE PIZZA <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> ROMAINE SALAD CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY
6-Nov TERIYAKI CHICKEN NUGGETS BUTTERED NOODLES <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> CORN CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	7-Nov BOSCO STICKS MARINARA DIPPING SAUCE <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> STEAMED GREEN BEANS CANNED FRUIT TRAY /FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	8-Nov SOFT SHELL BEEF TACO LETTUCE, TOMATO CT GROWN APPLE <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> CORN CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	9-Nov BIRTHDAY! TO ALL NOVEMBER BIRTHDAYS 6" PERSONAL ROUND CHEESE PIZZA Whole Grain Mini Rice Krispie Treat <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> GARDEN SALAD CANNED FRUIT TRAY /FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	10-Nov 
13 CHICKEN NUGGETS BROWN RICE DIPPING SAUCES <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> CARROTS CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	14 PIZZA CRUNCHERS <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> GARDEN SALAD CANNED FRUIT TRAY /FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	15 MINI PANCAKES WITH SAUSAGE PATTIE SYRUP <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> OVEN ROASTED POTATOES CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	16 HOLIDAY MEAL ROASTED TURKEY & GRAVY MASHED POTATOES DINNER ROLL HOLIDAY COOKIE <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> PEAS CANNED FRUIT TRAY /FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	17 STUFFED CRUST CHEESE PIZZA <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> ROMAINE CAESAR SALAD CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY
20 CHICKEN TENDERS BUTTERED NOODLES DIPPING SAUCES <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> CARROTS CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	21 6" PERSONAL ROUND CHEESE PIZZA <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> GARDEN SALAD CANNED FRUIT TRAY /FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	22 	23 	24 <p align="center">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 -</p>
27 POPCORN CHICKEN BITES WARM DINNER ROLL DIPPING SAUCES <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> CORN CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	28 MOZZARELLA STICK MARINARA DIPPING SAUCE <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> GARDEN SALAD CANNED FRUIT TRAY /FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	29 BEEF NACHOS with CHEESE SAUCE TORTILLA CHIPS <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> STEAMED BROCCOLI CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	30 TOASTED CHEESE SANDWICH <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> TOMATO SOUP CANNED FRUIT TRAY /FRUIT JUICE ASSORT FRESH VEG & FRUIT TRAY	1-Dec STUFFED CRUST CHEESE PIZZA <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> GARDEN SALAD CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY

ADDITIONAL ENTREES SERVED DAILY

Choice #2 ASSORTED GRINDERS
Choice #3 Bagel Box, 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.

SUBSTITUTIONS MAY OCCUR

This institution is an equal opportunity provider

ICE-CREAM & FROZEN TREATS \$1.00

WATER \$1.00

HEALTHY SNACKS

BREAKFAST

\$1.00

\$1.50

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



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