

November 2017

DES, PES & DCMS



Panther Paw Pack offered everyday as an entrée choice. Mon-Wed-Fri PB & J Tues-Thurs Deli Ham or Turkey

This institution is an equal opportunity provider



LUNCH MEAL PATTERN

- 2 oz. grain (8 oz. minimum per week)
- 2 oz. meat/meat alternate (8-9 oz. minimum per week)
- 1 Cup vegetable daily (3 ¼ cups per week minimum)
- ½ cup fruit daily (2 1/2 cups per week)
- 1 cup Milk daily

Monday

Tuesday

Wednesday

Thursday

Friday



Hamburger Steak, Roll or Pizza, Romaine Salad, Green Beans, Baked Potato, Fruit Choice Milk **1**

Beef A Roni, Breadstick or Chicken Fajita, Pinto Beans, Corn on the Cob, Broccoli Salad, Fruit Choice, Milk **2**

Chili w/crackers or Hamburger, Cheese Toast, Tater Tots, Baby carrots w/dip, Fruit Choice, Milk **3**

Tacos or Corn Dogs, Corn, Pinto Beans, Fruit choice, Milk **6**

Spaghetti, Breadstick or Chicken Sandwich, Baked Potato, Romaine Salad, Baby Carrots w/dip, Fruit Choice, Milk **7**

Chicken Smackers, Roll or Pizza, Ranch Potatoes, Green Beans, Fruit Choice, Milk **8**

BBQ Sandwich or Calzone, Baked Beans, French Fries, Slaw, Fruit Choice, Milk **9**

Poppy Seed Chicken, Roll or Cheeseburger, Black-eyed Peas, Steamed Veggies, Fruit Choice, Milk **10**

Chicken & Dumplings, Cornbread or Hot dog, Sweet Potato Fries, White Beans, Fruit choice, Milk **13**

Hamburger Steak, Roll or Chicken Smackers, Roasted Potatoes, Romaine Salad, Baby Carrots w/dip, Fruit Choice, Milk **14**

Fish, Sweet Corn Hushpuppies Or Stuffed Crust Pizza, French Fries, Turnip Greens, Slaw, Fruit Choice, Milk **15**

Turkey & Dressing, Roll, Mashed Potatoes, English Peas, Fruit Salad, Fruit Choice, Milk **16**

Vegetable Soup, Crackers, Or Hamburger, Cheese Toast, Tater Tots, Mixed Veggie Cup, Fruit Choice, Milk **17**

Thanksgiving Break 20th – 24th **20**



Happy Thanksgiving! **22**



Give Thanks **24**

Meatball Sub or Corn Dog, Spicy Fries, Baked Beans, Fruit Choice, Milk **27**

Steak w/gravy, Cornbread or Chicken strips, Black-eyed Peas, Glazed Carrots, Fruit Choice, Milk **28**

Ravioli Casserole, Roll or Pizza Baked Potato, Green Beans, Broccoli Salad, Fruit Choice, Milk **29**

BBQ Nachos or Chicken Smackers, Creamy Corn, Baby Carrots w/dip, Romaine Salad, Fruit Choice, Milk **30**

