

# November 2009 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Strips Penny's Roasted Potatoes Seasoned Peas Southern Wheat Roll Ernie Cookie  Hamburger w/wo cheese	Pork Taco Seasoned Corn Lettuce/Tomato Cup Cinnamon Stick  Hot dog w/wo chili	Spaghetti w Meatsauce Italian Green Beans Mixed Fruit Garlic Roll  Chicken Strips	Turkey and Sausage Gumbo Rice Cauliflower w Cheese Tropical Fruit French Bread  Ham & Cheese PoBoy	Fish Strips Mac & Cheese Cole Slaw Buttery Carrots Wheat Roll Chocolate Cake
Red/White Beans w/ Rice Tossed Salad Applesauce Cornbread  Chicken Patty	Mexican Pizza Seasoned Corn Apricots Cinnamon Roll  Two-fer	Meatballs in Red Gravy Spaghetti Caesar Salad Chilled Pears Garlic French Bread  Chicken Poppers	Fried Chicken Mashed Potato w Gravy Cheesy Spinach Garlic Roll Chocolate Chip Cookie  Hamburger w/wo Cheese	Hot Dog Garden Salad or Peas Peaches Jell-O
Popcorn Chicken Fried Rice Steamed Veggies Chilled Pineapple Egg Roll, Fortune Cookie  Hamburger w/wo cheese	Chicken Taco Lettuce/Tomato Cup Seasoned Corn Cinnamon Stick  Meatball PB w/ Cheese	Chicken Parmesan Italian Salad Chilled Pears Italian Bread  Ham & Cheese PoBoy	Baked Turkey Cornbread Dressing w Gravy Sweet Potatoes Green Salad Garlic Roll Yellow Cake	Pizza Green Beans Mix Fruit Pudding w/ Sprinkles



Red Beans Rice Garden Salad Chilled Pears Cornbread  Hamburger w/wo Cheese
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School lunches must meet recommendations of the Dietary Guideline for Americans.  
 \*No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.  
 \*Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium.

Check Out Our Website At: [www.schoolcafe.org](http://www.schoolcafe.org)  
**Note: Menus are subject to change without notice.**

Schools with one serving line can have a sandwich entrée only once a week, however it cannot replace a commodity meal.  
 Sandwiches are served with 2 fruit/vegetables and milk.