

NOVEMBER 2015

Veritas



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham/cheese sandwich 1 ea Baked Beans ½ c Carrots ¾ c Pears ½ c	3 Upper Crust Pizza 1 ea Salad ¾ c Green beans ½ c Peaches	4 Salisbury Steak 1 ea Mashed Potatoes ½ c Corn ½ c Sliced apples 1 ea	5 Chicken Wrap 1 ea Lettuce and Tomato ½ c Malibu Blend ½ c Juice 1 ea	6 Ravioli 3 ea Peas ½ c Spinach salad ¾ c Bread stick 1 ea Mixed fruit ½ c
9 Taco 1 ea Refried Beans 1/2 c Lettuce and Tomatoes ½ c Applesauce ½ c	10 Pizza 1 ea Salad ¾ c Veggie Juice 1 ea Pineapple ½ c	11 Chicken Drummie 4 ea Sweet Potato Bites 3/4 c Cauliflower ½ c Banana 1 ea	12 Meatball Sub 1 ea Green peppers ½ c Corn ½ c Tropical fruit ½ c	13 Fish Sandwich 1 ea Key West Blend ½ c Carrots ¾ c Pears ½ c
16 Chicken patty sandwich 1 ea Broccoli ½ c Cauliflower ½ c Peaches ½ c	17 Bruno's Pizza 1 ea Malibu Blend ½ c Garden Salad ¾ c Frozen Fruit Cup 1 ea	18 BBQ Pork Sandwich 1 ea Corn ½ c Veggie Juice 1 ea Apple slices 1 ea	19 Chef Salad 1 ea Bread stick 1 ea Banana 1 ea Cookie 1 ea	20 Mac n Cheese ¾ c Carrots ¾ c Spinach salad ¾ c Mixed Fruit ½ c
23 Cheeseburger 1 ea Key West Blend ½ c Broccoli ½ c Applesauce 1/2c	24 Stuffed Pizza 1 ea Salad ¾ c Carrots ¾ c Juice 1 ea	25 Chicken Quesadilla 1 ea Corn Salsa ½ c Tostitos 1 ea Cauliflower ½ c Pears ½ c	26 THANKSGIVING NO SCHOOL	27 BEST SHOPPING DAY EVER NO SCHOOL
30 Hot Dog 1 ea Tater Tots 6 ea Baked Beans ½ c Peaches ½ c				

News
USDA is an Equal Opportunity provider and Employer

- **Fat free milk is offered daily with lunch**
- **Menu is subject to change**

Name: _____

Grade: _____

Circle the days you will be getting lunch:

2	3	4	5
6	9	10	11
12	13	16	17
18	19	20	23
24	25	30	

Please turn your sheet into Ms. Pam or front office by October 25th.