

MAPAVILLE LUNCH MENU
NOVEMBER 2016 - GRADES K-8

	1	2	3	4
	Chicken Noodle Casserole Wholegrain Bread Frozen Vegetables Apricots Apple Juice Skim Milk	Ham and Beans Hamburger Bun Lettuce/Tomato/Cheese Salad Fat Free Ranch Dressing Peaches/Yogurt Skim Milk	Chili Green Beans Cornbread Fruit Cocktail Skim Milk	Beef and Spanish Rice Carrots Cornbread Pears Skim Milk
7	8	9	10	11
Chicken Tenders Mashed Potato Broccoli Peaches Sugar Cookie Skim Milk	Thick Vegetable Soup Peanut Butter Sandwich Tossed Salad Light Italian Dressing Pears Skim Milk	Beef Taco Plate Brown Rice Black Beans Mixed Fruit Skim Milk	Chicken & Vegetables Green Beans Rotini Mixed Fruit Skim Milk	Fish Sticks Peas & Carrots Stewed Tomatoes Spiced Peaches Skim Milk
14	15	16	17	18
Sloppy Joe/Bun Tossed Salad Light Italian Dressing Corn Applesauce Skim Milk	NO SCHOOL	Beef a Roni Black Beans Garlic Toast Spiced Peaches Skim Milk	Chicken Salad Sandwich Herbed Cauliflower Cherry Tomatoes Pineapple Chunks Skim Milk	Tuna Noodle Casserole Broccoli Wholegrain Bread Mandarin Oranges Skim Milk
21	22	23	24	25
Scrambled Eggs Stewed Tomatoes Broccoli Wholegrain Pancake Spiced Apples/Apple Juice Skim Milk	Turkey, Dressing, Gravy Carrots Mashed Potato Wholegrain Bread Grapes Skim Milk	HOLIDAY	THANKSGIVING HOLIDAY	HOLIDAY
28	29	30		
Sausage Patties Fries Broccoli Wholegrain Pancakes Spiced Apples Skim Milk	Chicken Noodle Casserole Wholegrain Bread Frozen Vegetables Apricots Apple Juice Skim Milk	Ham and Beans Hamburger Bun Lettuce/Tomato/Cheese Salad Fat Free Ranch Dressing Peaches/Yogurt Skim Milk		

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