

**New Dawn Lunch Menu
November 2016 Grades K-12**

<p>*High School only receives this item.</p>			<p>Famous Quotes:"In helping others, we shall help ourselves , for whatever good we give out completes the</p>	<p>Circle and comes back to us." __Flora Edwards</p>
<p>Monday/Menu B October 31 Chicken dumplings Broccoli Corn Spiced peaches Cornbread Margarine cup Milk 1%</p>	<p>1.Tuesday Chicken Noodle Casserole California vegetables Raisins Orange juice Wholegrain bread Margarine Jelly *H.S. Milk 1%</p>	<p>2.Wednesday Ham & beans Wholegrain bread Lettuce tomato cheese salad Peaches with plain yogurt topping Margarine/jelly/ranch dressing Milk 1%</p>	<p>3.Thursday Chili New dawn green beans cornbread Fruit cocktail Margarine cup Milk 1%</p>	<p>4.Friday Cheeseburger or Hamburger Sweet potato fries Lettuce & tomato Pineapple tidbits Ketchup Milk 1%</p>
<p>7.Monday-Menu D Beef Shepherd's pie Broccoli WG bread Strawberries Margarine cup& jelly Milk 1%</p>	<p>8.Tuesday Ground beef stroganoff Carrots Rotini noodles Applesauce Milk 1%</p>	<p>9.Wednesday Turkey hot dog Shady Grove coleslaw Baked beans Spiced apples Ketchup Macaroni Salad*H.S. Milk 1%</p>	<p>10.Thursday Chicken tomato bake Spinach Strawberry cup Vanilla ice cream Pineapple tidbits*H.S. Milk 1%</p>	<p>11.Friday New Dawn ham rotini Herbed cauliflower Garlic toast Spiced peaches Yogurt, nonfat*H.S. Milk 1%</p>

14.Monday-Menu C Honey lemon chicken Candied sweet potatoes Spinach Brown rice pilaf Mixed fruit Milk 1%	15. Tuesday STAFF DEVELOPMENT NO SCHOOL	16.Wednesday Chicken taco plate Refried beans Brown rice Mandarin oranges Milk 1%	17.Thursday Meatballs Spaghetti noodles Tomato sauce New Dawn green beans Pineapple tidbits Chocolate pudding *H.S. Milk 1%	18. Friday Mexican beef and macaroni Peas and carrots Cornbread Apple sauce cup Margarine cup Milk 1%
21.Monday-Menu E Stew Broccoli Lima beans Brown rice Pears Milk 1%	22.Tuesday Roast turkey with gravy Candied sweet potatoes Green beans Bread stuffing/cornbread Spiced apples Margarine /cranberry sauce Milk 1%	23.Wednesday NO SCHOOL	24.Thursday THANKSGIVING DAY NO SCHOOL	25. Friday NO SCHOOL
28. Monday Menu A WG chicken patty Mashed potatoes Spinach Cornbread Pears Strawberry cup*H.S. Ketchup/margarine cup Milk 1%	29.Tuesday Thick vegetable soup Wow peanut butter sandwich Shady Grove tossed salad Peaches Lt. Italian dressing Milk 1%	30. Wednesday Spaghetti with meat sauce Black beans Peaches Garlic toast *H.S. Milk 1%		