

ROLLING MEADOW ~ STUDENT LUNCH MENU

NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti & Meatballs w/ Italian Bread Fresh Garden Salad Cheesy Cauliflower Popcorn Fresh Fruit Peaches Milk	3 BBQ Rib on Bun Fresh garden salad Cowboy Beans Fresh Fruit Rosy Applesauce Milk <div style="text-align: center;">  *Picture Day </div>	4 Meatloaf Mashed potatoes w/gravy Hot roll Corn Fresh Fruit Pears Milk	5 Burrito French fries Fresh Garden Salad Fresh Fruit Orange Pineapple Mix Milk	6 Tony's Pizza Fresh Garden Salad Baby Carrots w/ Dip Fresh Fruit Strawberry Banana Mix Milk
9 NO SCHOOL Staff Development Day	10 Chicken & Cheese Quesadilla Fresh Garden Salad Southwest Beans Fresh Fruit Applesauce Milk	11 Chicken Patty Mashed potatoes w/gravy Hot roll Green Beans Fresh Fruit Cinnamon Apple Slices Milk	12 Cheeseburger French Fries Fresh Garden Salad Fresh Fruit Tropical Fruit Milk	13 Grilled Ham & Cheese Fresh Garden Salad Roasted Vegetables Fresh Fruit Blushing Pears Milk
16 Beef & Noodles w/ Italian Bread Fresh Garden Salad Corn Fresh Fruit Mandarin Oranges Milk	17 Chili w/ Cinnamon Roll Fresh Garden Salad Texas Pinto Beans Fresh Fruit Banana Orange Mix Milk	18 Baked Ham Mashed potatoes w/gravy Hot roll Glazed carrots Fresh Fruit & Peaches Brownie Bite Milk	19 Meatball Sub French Fries Fresh Garden Salad Fresh Fruit Applesauce Milk	20 Pepperoni Pizza Fresh Garden Salad Fresh Broccoli w/ Dip Fresh Fruit Pineapple Milk
23 Lasagna w/ Italian Bread Fresh Garden Salad Cheesy Cauliflower Popcorn Fresh Fruit Pineapple Milk	24 BBQ Beef on Bun Fresh Garden Salad Cowboy Beans Fresh Fruit Rosy Applesauce Milk	25 NO SCHOOL <div style="text-align: center;">-----</div>	26 NO SCHOOL <div style="text-align: center;">-----THANKSGIVING-----</div>	27 NO SCHOOL <div style="text-align: center;">-----BREAK-----</div>
30 BBQ Mac N' Cheese Fresh Garden Salad Steamed broccoli Fresh Fruit Mandarin Oranges Milk				

Due to new state regulations a complete meal must consist of at least 3 of the 5 components: Whole Grains, Meat or protein substitute, Fruit, Vegetable, and Milk