

VERELLE PENISTON ~ STUDENT LUNCH MENU
NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hamburger on Bun Baked Beans Fruit Assortment Milk	3 Chicken Wrap Salsa Fruit Assortment Milk	4 Spaghetti w/ Meat Sauce Romaine Lettuce Salad Fruit Assortment Milk	5 Jumbo Corn Dog Buttered Corn Fruit Assortment Milk	6 Public School Not In Session Please send a lunch with your child to school
9 NO SCHOOL Staff Development Day	10 BBQ Pork Sandwich Baked Beans Fruit Assortment Milk	11 Ravioli w/ Ground Beef Peas & Carrots Fruit Assortment Milk	12 Taco Bowls w/ Salsa Fruit Assortment Milk	13 Pizza Romaine lettuce salad Fruit Assortment Milk
16 BBQ Rib on Bun Baked Beans Romaine lettuce salad Fruit Assortment Milk	17 Chicken Strips Mixed Vegetables Fruit Assortment Milk	18 Hot Dog on Bun Green Beans Fruit Assortment Milk	19 Manager's Choice Romaine Lettuce Salad Fruit Assortment Milk	20 Thanksgiving Meal Fruit Assortment Milk
23 Calzone Buttered Corn Fruit Assortment Milk	24 Hamburger on Bun Cheese Slice Fruit Assortment Milk	25 NO SCHOOL -----	26 NO SCHOOL ----- THANKSGIVING -----	27 NO SCHOOL ----- BREAK -----
30 Grilled Chicken on Bun Green beans Fruit Assortment 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
 All lunches include milk, the vegetable of the day and choice of two fruits. Menu provided by Chillicothe Middle School - Menu is subject to change.