

Helen Davis November 2016 K-8 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 Chicken noodle casserole California Normandy Bread Banana Apple or orange juice 1% variety milk</p>	<p>2 Ham and beans Bread Tossed salad Yogurt 1% variety milk</p>	<p>3 Chili Cornbread Green beans Mixed fruit 1% variety milk</p>	<p>4 Cheeseburger Sweet potato fries Lettuce & tomato Mandarin oranges 1% variety milk</p>	5
6	<p>7 Honey lemon chicken Rice pilaf Carrots Broccoli Apricots 1% variety milk</p>	<p>8 Beef pizza Tossed salad Corn Peaches 1% variety milk</p>	<p>9 Chicken taco plate Refried beans Brown rice Mixed fruit 1% variety milk</p>	<p>10 Meatballs w/pasta & gravy Green beans Mandarin oranges 1% variety milk</p>	<p>11 Mexican beef and macaroni Peas/carrots Cornbread Applesauce 1% variety milk</p>	12
13	<p>14 Chicken tenders Mashed potatoes/gravy Corn Bread Blueberries 1% variety milk</p>	<p>15 No School</p>	<p>16 Hot dog w/bun Baked beans Coleslaw Applesauce 1% variety milk</p>	<p>17 Breaded fish portion Rice pilaf Broccoli Stewed tomatoes Raisins Apple or orange juice 1% variety milk</p>	<p>18 Beef nuggets French fries Green beans Spiced peaches 1% variety milk</p>	19
20	<p>21 Catfish w/tartar sauce French fries Bread Spinach Pineapple 1% variety milk</p>	<p>22 Rodeo macaroni Carrots Garlic toast Fruit cocktail 1% variety milk</p>	23	<p>THANKSGIVING BREAK NO SCHOOL</p>		26
27	<p>28 Sausage patties Fries Spinach Pancake Pearsauce cup 1% variety milk</p>	<p>29 Cheese pizza Tossed salad w/dressing Apricots Apple or orange juice 1% variety milk</p>	<p>30 Beef taco plate Dried beans Brown rice Carrots Strawberries 1% variety milk</p>			

Non-Discrimination Statement

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Helen Davis November 2016 9-12 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 Chicken noodle casserole California Normandy Bread Banana Apple or orange juice 1% variety milk</p>	<p>2 Ham and beans Bread Tossed salad Yogurt and pineapple 1% variety milk</p>	<p>3 Chili Cornbread Green beans Mixed fruit 1% variety milk</p>	<p>4 Cheeseburger Sweet potato fries Lettuce & tomato Mandarin oranges 1% variety milk</p>	5
6	<p>7 Honey lemon chicken Rice pilaf Carrots Broccoli Apricots 1% variety milk</p>	<p>8 Beef pizza Tossed salad Corn Peaches and strawberries 1% variety milk</p>	<p>9 Chicken taco plate Refried beans Brown rice Mixed fruit 1% variety milk</p>	<p>10 Meatballs w/pasta & gravy Green beans Mandarin oranges Pudding 1% variety milk</p>	<p>11 Mexican beef and macaroni Peas/carrots Cornbread Applesauce 1% variety milk</p>	12
13	<p>14 Chicken tenders Mashed potatoes/gravy Corn Bread Blueberries and strawberries 1% variety milk</p>	<p>15 No School</p>	<p>16 Hot dog w/bun Baked beans Coleslaw and pasta salad Applesauce 1% variety milk</p>	<p>17 Breaded fish portion Rice pilaf Broccoli Stewed tomatoes Raisins Apple or orange juice 1% variety milk</p>	<p>18 Beef nuggets French fries Green beans Cornbread Spiced peaches 1% variety milk</p>	19
20	<p>21 Catfish w/tartar sauce French fries Bread Spinach Pineapple 1% variety milk</p>	<p>22 Rodeo macaroni Carrots Garlic toast Fruit cocktail 1% variety milk</p>	<p>23 THANKSGIVING BREAK NO SCHOOL</p>	<p>24 THANKSGIVING BREAK NO SCHOOL</p>	<p>25 THANKSGIVING BREAK NO SCHOOL</p>	26
27	<p>28 Sausage patties Fries Spinach Pancake Pearsauce cup 1% variety milk</p>	<p>29 Cheese pizza Tossed salad w/dressing Apricots and macaroni salad Apple or orange juice 1% variety milk</p>	<p>30 Beef taco plate Dried beans Brown rice Carrots Strawberries and banana 1% variety milk</p>			

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