

Helen Davis November 2015 K-12 Menu

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|---|---|-----|
| 1 | 2 Beef shepards pie Broccoli Bread w/mar/jelly Strawberries 1% variety milk | 3 Baked ham Candied yams Cornbread w/marg Spiced apples 1% Variety milk | 4 Beef tamale pie Brown rice Refried beans Carrots Blueberries 1% Variety milk | 5 Breaded fish Stewed tomatoes Spinach Brown rice Banana Apple juice 1% Variety milk | 6 New Dawn ham rotini Herbed cauliflower Garlic toast Spiced peaches 1% Variety milk | 7 |
| 8 | 9 NO SCHOOL | 10 Chicken ala king w/noodles Carrots Applesauce 1% Variety milk | 11 Turkey hot dog on bun Coleslaw Baked beans Mandarin oranges 1% Variety milk | 12 Chicken tomato bake Broccoli Strawberry cup Vanilla ice 1% Variety milk | 13 Meatloaf w/brown gravy Scollaped potatoes Green beans Cornbread w/marg Peaches 1% Variety milk | 14 |
| 15 | 16 Chicken nuggets Potato rounds Broccoli Sugar cookie Peaches 1% Variety milk | 17 Chicken rice soup 1/2 Turkey cheese sandwich Salad w/ranch Vanilla ice cream Fruit cocktail 1% Variety milk | 18 Spaghetti w/meat sauce Black beans Pears 1% Variety milk | 19 BBQ Chicken on bun Green beans Coleslaw Applesauce 1% Variety milk | 20 Mac & Cheese Carrats Stewed tomatoes Cornbread w/marg Mixed fruit 1% Variety milk | 21 |
| 22 | 23 Sausage patty Pancakes Potato rounds Broccoli Spiced apples & Vonilla pudding 1% Variety milk | 24 Cheese pizza Salad w/ranch Strawberry cup Apple juice 1% Variety milk | 25 | 26 | 27 | 28 |
| THANKSGIVING BREAK NO SCHOOL | | | | | | |
| 29 | 30 Macarnni w/chicken bake Carrots Mixed fruit OI cup Bread w/marg 1% Variety milk | | | | | |

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|---|--|--|--|--|--|-----|
| 1 | 2 <i>Beef shepards pie</i> <i>Broccoli</i> <i>Bread w/mar/jelly</i> <i>Strawberries</i> <i>1% variety milk</i> | 3 <i>Baked ham</i> <i>Candied yams</i> <i>Cornbread w/marg</i> <i>Spiced apples</i> <i>1% Variety milk</i> | 4 <i>Beef tamale pie</i> <i>Brown rice</i> <i>Refried beans</i> <i>Carrots</i> <i>Blueberries</i> <i>1% Variety milk</i> | 5 <i>Breaded fish</i> <i>Stewed tomatoes</i> <i>Spinach</i> <i>Brown rice</i> <i>Banana</i> <i>Apple juice</i> <i>1% Variety milk</i> | 6 <i>New Dawn ham rotini</i> <i>Herbed cauliflower</i> <i>Garlic toast</i> <i>Spiced peaches</i> <i>1% Variety milk</i> | 7 |
| 8 | 9 NO SCHOOL | 10 <i>Chicken ala king w/noodles</i> <i>Carrats</i> <i>Applesauce</i> <i>1% Variety milk</i> | 11 <i>Turkey hot dog on bun</i> <i>Coleslaw</i> <i>Baked beans</i> <i>Mandarin oranges</i> <i>1% Variety milk</i> | 12 <i>Chicken tomato bake</i> <i>Broccoli</i> <i>Strawberry cup</i> <i>Vanilla ice</i> <i>1% Variety milk</i> | 13 <i>Meatloaf w/brown gravy</i> <i>Scalloped potatoes</i> <i>Green beans</i> <i>Cornbread w/marg</i> <i>Peaches</i> <i>1 % Variety milk</i> | 14 |
| 15 | 16 <i>Chicken nuggets</i> <i>Potato rounds</i> <i>Broccoli</i> <i>Sugar cookie</i> <i>Peaches</i> <i>1% Variety milk</i> | 17 <i>Chicken rice soup</i> <i>1/2 Turkey cheese sandwich</i> <i>Salad w/ranch</i> <i>Vanilla ice cream</i> <i>Fruit cocktail</i> <i>1% Variety milk</i> | 18 <i>Spaghetti w/meat sauce</i> <i>Black beans</i> <i>Pears</i> <i>1% Variety milk</i> | 19 <i>BBQ Chicken on bun</i> <i>Green beans</i> <i>Coleslaw</i> <i>Applesauce</i> <i>1% Variety milk</i> | 20 <i>Mac & Cheese</i> <i>Carrots</i> <i>Stewed tomatoes</i> <i>Cornbread w/marg</i> <i>Mixed fruit</i> <i>1% Variety milk</i> | 21 |
| 22 | 23 <i>Sausage patty</i> <i>Pancakes</i> <i>Potato rounds</i> <i>Broccoli</i> <i>Spiced apples & Vanilla pudding</i> <i>1% Variety milk</i> | 24 <i>Cheese pizza</i> <i>Salad w/ranch</i> <i>Strawberry cup</i> <i>Apple juice</i> <i>1% Variety milk</i> | 25 | 26 | 27 | 28 |
| THANKSGIVING BREAK NO SCHOOL | | | | | | |
| 29 | 30 <i>Macaroni w/chicken bake</i> <i>Carrots</i> <i>Mixed fruit</i> <i>OJ cup</i> <i>Bread w/marg</i> <i>1% Variety milk</i> | | | | | |

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