Central School Lunch 3-12

November 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Fajita Wrap Golden Corn Chilled Peaches Brownies	2 Salisbury Steak Mashed Potatoes/Gravy Green Beans Chilled Applesauce	3 Cheese Pizza Garden Salad Lowfat Dressing Chilled Fruit Cocktail	4 **NO SCHOOL**
7 Bean & Cheese Burrito Baked Tostito Scoops Salasa Chilled Mandarin Oranges	8 Chicken & Noodles Glazed Carrots Chilled Pears Readibake Cookie	9 Country Fried Steak Mashed Potatoes/Gravy Green Beans Wheat Roll	10 Italian Pocket Sandwich Cheddar Goldfish Fresh Apple	11 Tony's Pizza Day! Garden Salad Lowfat Dressing Chilled Peaches
14 Meatball Sub Sandwich California Blend Veggies Orange Smiles Readibake Cookie	15 Chicken Nuggets with Dipping Sauce Carrot & Celery Slims w/ Hummus Chilled Pears & Blueberries Bug Bite Grahams	16 Corn Dog Ketchup & Mustard Brown Sugar Baked Beans Chilled Tropical Fruit	17 Cheese Pizza Crunchers Marinara Sauce Garden Salad Lowfat Dressing Fresh Banana	18 Taco Salad Golden Corn Chilled Peaches
21 All American Deli Sub Pasta Salad Fresh Apple Wedges	22 **Pre-Thanksgiving Feast!!** Roast Turkey Mashed Potatoes/Gravy Cranberry Sauce Green Beans Hot Roll	23 Hamburger on Bun Baked Fries Chilled Fruit Cocktail Readibake Cookie	24 **HAPPY**	25 **THANKS GIVING!!**
28 Hot Dog on Bun Homemade Mac & Cheese Green Beans Orange Smiles	29 Chicken Patty Mashed Potatoes/Gravy Green Beans Chilled Pears	30 Chili with Crackers Bosco Stick Celery & Dip Chilled Applesauce		

A La Carte

School News

Lunch includes a variety of low fat and fat free milk