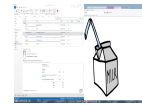




# November Lunch Menu 2018

## Vista Grove Elementary & Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers Fresh Banana Salsa Choice of Milk	2 Half Day Turkey & Cheese Sandwich Baby Carrots Whole Apple FF Mayo & Mustard Choice of Milk
5 Popcorn Chicken w/Dinner Roll Mashed Potatoes Fruit Cocktail Ketchup Choice of Milk	6 Spaghetti w/Meat Sauce Fresh Sliced Cucumbers Fresh Cantaloupe Wedge Choice of Milk	7 Teriyaki Chicken w/Rice Baby Carrots Pineapple Chunks Fortune Cookie Choice of Milk	8 Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers 100% Fruit Juice Choice of Milk	12 Half Day Chicken Caesar Wrap 3 Bean Salad Whole Orange Choice of Milk
12 Holiday No School	13 Bean & Cheese Burrito Fresh Baby Carrots Fresh Orange Wedges Taco Sauce Choice of Milk	14 Beef & Cheese Nachos Tortilla Chips Sweet Corn Fresh Apple Wedges Choice of Milk	15 Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers Fresh Banana Ketchup Choice of Milk	19 Half Day Turkey and Cheese Sandwich Fresh Celery Stick Whole Apple Choice of Milk
19 Roasted Turkey & Gravy Mashed Potatoes Diced Peaches Dinner Roll Choice of Milk	20 Chicken Strips w/Roll Seasoned Green Beans Fresh Cantaloupe Ketchup Choice of Milk	21 Holiday No School	22 Holiday No School	26 Holiday No School
26 Kickin Chicken Drumstick Sweet Corn Applesauce Dinner Roll Choice of Milk	27 Chicken & Rice Taco Tuesday Lettuce/Cheese/Celery Sticks Fresh Banana Taco Sauce Choice of Milk	28 Pepperoni Pizza Sticks 3 Bean Salad 100% Fruit Juice Marinara Sauce Choice of Milk	29 Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers Fresh Pear Choice of Milk	30 SW Chicken Wrap Baby Carrots 100% Fruit Juice Choice of Milk

Drinking Water is made available to youth at all times at drinking fountains located in this facility  
 \*Fresh Fruits & Vegetable selections subject to change based on quality, seasonality, and availability.  
 \*\*Fresh Salad & Veggie Bar serves FF Ranch Dressing  
 \*\*\*All meals are served with 1% White Milk or Skim Chocolate Milk  
 This Institution is an equal opportunity provider