

SEL

STUDENTS EATING LOCAL



Food Zone

Adrian/Rowland/Sunview Lunch Menu

November, 2012

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Walking Taco or Hamburger Refried Beans Fresh Apple Slices Whole Grain Tortilla Chips Milk	2 Chicken Nuggets or Hot Dog Peaches Peas & Carrots Potato Rounds Whole Wheat Roll Milk
5 Grilled Cheese Sandwich or Corn Dog Pears Tomato Soup Milk	6 NO SCHOOL ELECTION DAY	7 BBQ Chicken Sandwich or Rib Sandwich Fresh Apple Slices Peas & Carrots Baked Beans Milk	8 Rotini & Meat Sauce or Chicken Sandwich Strawberry Cup Green Beans Milk	9 Chicken Pot Pie or Hamburger Fruit Juice Carrots Whole Grain Roll Milk
12 Mac & Cheese or Fish Sticks Tossed Salad Whole Grain Cookie Milk	13 Chicken on a Bun or Turkey Sub Applesauce Lemon Broccoli Milk	14 Teriyaki Chicken or Cheesy Breadsticks Brown Rice Peaches Spinach Strawberry Salad Baby Carrots w/Ranch Milk	15 Mini Meatball Sub w/Marinara or California Casserole Carrots Pears in Cherry Jell-O Milk	16 NO SCHOOL
19 Mexican Pasta or Chicken Nuggets Fresh Tangerine Refried Beans Golden Corn and Carrots Milk	20 Corn Dogs or Hamburger Strawberry Cup Potato Wedges Milk	21 NO SCHOOL THANKSGIVING BREAK	22 NO SCHOOL THANKSGIVING BREAK	23 NO SCHOOL THANKSGIVING BREAK
26 Sock-Rockin' Chili Peach Cup Green Beans Whole Grain Roll Milk	27 Sweet & Sour Chicken Nuggets or Chicken Tenders Brown Rice Fresh Red Grapes Carrots Corn Milk	28 Chicken Alfredo or Pizza Fresh Banana Garlic Broccoli Milk	29 2 Pepperoni Pizza Sticks with Marinara Sauce or Chicken Patty Sandwich Spinach Strawberry Salad Fresh Banana Milk	30 Eagle Tostada or Hamburger Pineapple Chunks Tossed Side Salad Whole Grain Cookie Milk

Fun Food Fact: Strawberries are the only fruit with seeds on the outside of their skin.
Lunch Price \$2.75.

Menu Subject to Change

Lunch Includes: Entrée, Two Servings of Fruits or Vegetables, One Serving of Grain or Bread, One Low-Fat Milk No child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against, write to the Department of Agriculture, Washington, D.C. 20250