


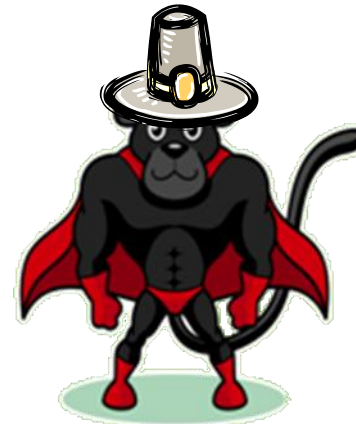
November 2009 Menu

Breakfast includes fruit or fruit juice and milk

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Cereal And Toast ,English Muffin or Biscuit	Choice of Cereal Or Brkfst Sandwich	Choice of Cereal And Breakfast Pastry	Choice of Cereal or Waffle ,Pancake, or French Toast	Choice of Cereal And Trix Yogurt

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2) Day #6 Chicken Tender Twists w/sauce Dinner Roll Baby Carrots Apple Sauce Milk	3) Day #1 Chilled Fruit Juice Sausage Pattie Waffles w/ Syrup Orange Wedges Milk	4) Day #2 Slice of Pizza Green Beans Rocky Mt. Salad Sliced Peaches Milk	5.) Day #3 Ravioli w/ Meat Sauce Warm Bread Stick Peas Seedless Grapes Milk	6) Day #4 Popcorn Chicken W/ Sauce & Roll Autumn Bl. Veggie Veggie Cup w/ Dip Choc. Chip Cookie Milk
9) Day #5 Hamburger or Cheese Burger Pickles Curly Fries Fresh Fruit Milk	10). Day #6 Rotini w/ Mt. Sauce Dinner Roll Tossed Salad Mandarin Oranges Milk	11). Day #1 Macho Nacho Whole Corn Fruit Churro Milk	12). Day #2 Chicken Corn Soup w/ Saltines Assorted Sandwich Pineapple Fruit Cup Soft Pretzel Milk	13). Day #3 Maxi Sticks w/ Sauce Green Beans Apple Sauce Jello w/ Topp'in Milk
16) Day #4 Hot Dog or Chili Dog Cosmic Fries Baby Carrots Ice Cream Cup Milk	17) Day #5 Chicken Fries w/Sauce Dinner Roll Green Beans Apple Sauce Milk	18) Day #6 Chilled Fruit Punch Turkey w/ filling and Gravy Whipped Potatoes Corn, Cran. Sauce Holiday Cookie Milk Holiday Meal	19) Day1# Tomato Soup w/ Saltines Toasted Cheese Fruit Cup Pudding Pop Milk	20) Day #2 Stuffed Crust Mixed Veggies Rocky Mt. Salad Rice Krispie Treat Milk
23). Day #3 Chicken Tender w/ sauce Dinner Roll Carrot Coins Apple Wedges Milk	24) Day #4 Mac & Cheese Garlic Bread Stick Tossed Salad Apple Crisp Milk	25) Day #5 Cold-Cut Sandwich Baked Chips Fresh Veggies Chilled Fruit "Lunch Ladies" Choice Dessert Milk	27) 	28) Thanksgiving Holiday
30) Thanksgiving Holiday				



Strodes Mills
Elementary