

Parents,
This menu is provided so that you can discuss menu choices with your child.
Please note that the Thanksgiving Dinner is planned for Thursday, November 12th. Check with your child's school to see when they will host their holiday meal. Our goal is healthy children—ready to learn.
Cookie Palmer
Nutrition Program Director
770-534-1080

Mon., Nov. 2
Breakfast
Breakfast Bar
Lunch
Crispy Chicken Bites
Ham & Cheese Wrap
Chef Salad with Egg
Mashed Potatoes
Garden Salad
Green Peas
Apple Wedges
Chilled Apricots
Sherbet
Crackers

Tues., Nov. 3
Breakfast
Cereal/Dolphins&Friends
Lunch
Tacos
Chicken Pot Pie
Chef Salad with Turkey
Mexican Rice
Lettuce/Tomato
Peas & Carrots
Refried Beans
Chilled Fruit Cocktail
Jello
Roll/Crackers

Wed., Nov. 4
Breakfast
Sausage Biscuit
Lunch
Pizza
Sloppy Joe
Taco Salad
Baked Potato Half
Carrots & Dip
Broccoli & Cheese
Grapes
Chilled Applesauce
Pudding
Crackers



Thurs., Nov. 5
Breakfast
French Toast
Lunch
Chicken Patty Sandwich
Grilled Cheese with Beefy Vegetable Soup
Apple & Yogurt Salad
Potato Wedges
Lettuce/Tomato
Corn
Orange Wedges
Chilled Pears
Juice Bar & Crackers

Fri., Nov. 6
Breakfast
Chicken Biscuit
Lunch
Hamburger/Cheeseburger
Crispy Steak & Gravy
Crispy Chicken Salad
French Fries
Lettuce/Tomato
Green Beans
Squash Casserole
Fresh Fruit (M.C.)
Freshly-baked Cookie Crackers

Mon., Nov. 9
Breakfast
Snackin Waffle
Lunch
Smoky Rib Sandwich
Cheesy Ravioli
Chef Salad with Turkey
Tri Taters
Garden Salad
Glazed Carrots
Apple Wedges
Chilled Fruit Cocktail
Juice Bar
Texas Toast/Crackers

Tues., Nov. 10
Breakfast
Pizza Bagel
Lunch
Grilled Chicken Sandwich
Chili
Chef Salad with Ham
Baked Potato Half
Lettuce/Tomato
Broccoli & Cheese
Breaded Okra
Chilled Peaches
Sherbet
Cornbread/Crackers

Wed., Nov. 11
Breakfast
Sausage Biscuit
Lunch
Personal Pan Pizza
Cheeseburger Macaroni
Grilled Chicken Caesar
Potato Wedges
Garden Salad
Peas & Carrots
Orange Wedges
Chilled Pineapple
Jello
Crackers

Thurs., Nov. 12
Breakfast
Pop-Tart/Bug Bites
Lunch
Chicken Nuggets
Roasted Turkey w/ Gravy
Garden Salad
Mashed Potatoes
Green Beans
Dressing
Fruit Salad
Sunday Sweet Potatoes
Baked Cinnamon Apples
Pumpkin Roll
Roll

Fri., Nov. 13
Breakfast
Chicken Biscuit
Lunch
Hot Dog
BBQ
Oriental Chicken Salad
Tater Tots
Veggie Dippers
Mixed Vegetables
Grapes
Chilled Mandarin Oranges
Freshly-baked Cookie Crackers

Mon., Nov. 16
Breakfast
Cereal/Dolphins&Friends
Lunch
Ham & Cheese Melt
Chicken Quesadilla
Chef Salad with Turkey
Mexican Rice
Lettuce/Tomato
California-Blend Veggies
Refried Beans
Chilled Pineapple
Juice Bar
Crackers

Apples
Belgian Endive
Brussels Sprouts
Cherimoya
Chestnuts
Collard Greens
Dates
Grapefruit
Kale
Kiwifruit
Leeks
Oranges
Passion Fruit
Pear
Persimmons
Pummelo
Radicchio
Red Currants
Sweet Potatoes
Tangerines
Turnips
Winter Squash, like Butternut, Spaghetti, and Acorn.

