

November 2018 Menu Heron Pond Elementary

All meals are served with 1% or fat free flavored milk

Daily meals are subject to change due to product availability. Lunch meal **Lunch\$2.30**

Monday	Tuesday	Wednesday	Thursday	Friday
29 Turkey BLT Sub Turkey Bacon Cheese Tomato Lettuce Vegetable Fruit	30 Spaghetti & Meatballs WW Spaghetti Marinara Sauce Beef meatballs Vegetable Fruit	31 Pulled Pork Sandwich Pork WG Roll Onion Rings Vegetable Fruit	1 Tuna Sandwiches Tuna WW Bread Baked fries Fruit	2 Sal's PIZZA Vegetable Fruit
5 Teriyaki Chicken & Rice Seasoned chicken WG Rice 2oz Broccoli ½ Cup Pineapple ½ cup Fortune Cookie	6 CLOSED Teacher Workshop day	7 Beef Chili Beef 2oz Beans ½ Cup Tomato Sauce ¼ Cup Salsa ¼ cup Cheese 1oz WG Roll 1oz Sliced Apple ½ cup	8 Breakfast For Lunch French Toast Stix 3oz Syrup 2oz Hash Browns 4oz Sausage 2oz Juice ½ Cup	9 Milford House PIZZA Vegetable Fruit
12 CLOSED VETERAN'S DAY 	13 Walking Taco Frito Bag Seasoned meat 1oz Cheese 1 oz Refried Beans ½ Cup Celery/Carrot Stix Ranch Dressing 1oz Fritos 2oz WG Rice 2oz Fruit ½ Cup	14 Thanksgiving Dinner Turkey 2oz Potato 3oz WG Stuffing 2oz Carrots ½ Cup Gravy 2oz Cranberry Sauce 1oz Fruit ½ Cup	15 American Chopped Suey WG Pasta 2oz Marinara Sauce ½ Cup Peppers/Onions ¼ C Mixed Salad 1 Cup Italian Dressing 1oz Fruit ½ Cup	16 Sal's PIZZA Vegetable Fruit
19 Hot Beef Sundae Seasoned Beef 3oz WG Roll 2oz Potato ½ Cup Carrots ½ cup Fruit 1 Cup	20 Milford House PIZZA Vegetable 1 Cup Fruit 1 Cup	21 CLOSED THANKSGIVING RECESS 	22 CLOSED THANKSGIVING RECESS 	23 CLOSED THANKSGIVING RECESS 
26 Grilled Cheese Sandwich WG Bread 2oz Cheese 2oz Beets ½ Cup Sliced Apple ½ Cup	27 Pasta w/ Meat Sauce WG Pasta Marinara Sauce Beef, Cheese Mixed Salad Italian Dressing Cantaloupe ½ Cup	28 Hot Dog Turkey Dog 2oz WG Bun 2oz Baked Beans ½ Cup Carrot Stix ½ cup Dressing 1oz Mixed Fruit ½ Cup	29 Fish Stix Fish WG Rice 2oz Potato Wedges 1 Cup Grapes ½ Cup	30 Sal's PIZZA Vegetable Fruit

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