

# NOVEMBER 2017

## FRIESS LAKE SCHOOL DISTRICT LUNCH MENU



Give Thanks

Menu subject to change. Lunch Price is \$2.65. All meals come with choice of low-fat or skim milk. Ala carte milk is 25¢. Fresh Apples offered as a daily fruit choice.

Monday	Tuesday	Wednesday	Thursday	Friday
		1-Nov Cheese Dunkers & Sauce or Yogurt & Muffin Tossed Romaine Salad Green Beans Pineapple Tidbits Sherbet Cup	2-Nov Salisbury Steak or Ham & Cheese Roll-up Mashed Potatoes & Gravy Tossed Romaine Salad Peach Slices Sliced Bread	3-Nov Popcorn Chicken or BBQ Rib Sandwich Tossed Romaine Salad Cheesy AuGratin Potatoes Pear Slices Dinner Roll
6-Nov Touchdown Chicken Nuggets or Hot Dog Green Salad Green & Gold Vegetables Packer Backer Baked Beans Golden Pineapple	7-Nov Breaded Chicken Sandwich or Turkey & Cheese on Bun Tossed Salad Assorted Fresh Vegetables Peach Slices Chocolate Chip Cookie	8-Nov Orange Chicken & Egg Roll or PB&J & String Cheese Tossed Romaine Salad Steamed Rice Broccoli Florets Fruit Medley	9-Nov Pancakes & Sausage Links or Yogurt & Banana Bread Breakfast Potatoes Strawberries Sunset Sip 100% Juice	10-Nov Chicken & Gravy over Mashed Potatoes or Chef Salad Tossed Romaine Salad Pear Slices Dinner Roll
13-Nov Mini Corn Dogs or PB&J & String Cheese Tossed Romaine Salad Glazed Carrots Baked Beans Fruit Cocktail	14-Nov Hamburger or Gr. Chicken Sandwich Tossed Romaine Salad Tator Tots Pickle Slices Warm Cinnamon Apples	15-Nov Baked Potato with Ham & Che or Turkey & Cheese Roll-up Tossed Romaine Salad Steamed Broccoli Florets Pineapple Tidbits Soft Pretzel & Cheese Sauce	16-Nov Pepperoni Pizza Wedge or Yogurt & Bagel Tossed Salad California Blend Vegetables Pear Slices Birthday Treat	17-Nov Crispy Baked Fish or Build-Your-Own Pizzable Tossed Romaine Salad Waffle Fries Coleslaw Fresh Grapes
20-Nov BBQ Pulled Pork Sandwich or Turkey & Cheese Roll-up Tossed Romaine Salad Oven Roasted Squash Applesauce Chocolate Pudding	21-Nov Beef Stroganoff over Noodles or Yogurt & Granola Tossed Romaine Salad Garden Green Peas Pear Slices Sliced Wheat Bread	22-Nov No School Today		23-Nov No School Today
27-Nov Chicken Nuggets or Build-Your-Own Pizzable Tossed Romaine Salad Assorted Fresh Vegetables Peach Slices Dinner Roll	28-Nov Taco Salad or Cheesy Tortilla Melt Tossed Romaine Salad Seasoned Black Beans Corn Fresh Apple Slices	29-Nov Cheese Ravioli or PB&J & String Cheese Tossed Romaine Salad Green Beans Pineapple Tidbits Garlic Bread	30-Nov Mini BBQ Chicken Flatbread or Turkey & Cheese Bagel Tossed Romaine Salad Country Mixed Vegetables Peach Slices Jello	

This institution is an equal opportunity provider and employer.