



# November 2022

Lunch K-8



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Popcorn chicken Chips Fruit/ Vegetables Milk	2 BBQ Pulled Pork Sandwich Fruit/ Vegetables Milk	3 Beef Stroganoff Fruit/ Vegetables Milk	4 Egg Roll Rice Fruit/ Vegetables Milk	5  Lunch: \$2.00 Reduced: \$0.40 Milk: \$0.50
<u>Nutrition requirements:</u> 6 Main Dish Grain/ Meat or Meat alternative: Min. 1oz daily	7 Ravioli Roll Fruit/ Vegetables Milk	8 Chicken Alfredo with Peas Fruit/ Vegetables Milk	9 Nachos with BBQ Pulled Pork Fruit/ Vegetables Milk	10 Hot Dog Chips Fruit/ Vegetables Milk	11  No School	12
Fruit Choice: Min. 1/2c daily Vegetable Choice: Min. 1/2c daily	13 Chicken Patty Sandwich & Chips Fruit/ Vegetables Milk	14 Grilled Cheese & Tomato Soup Fruit/ Vegetables Milk	15 Salisbury Steak Tater Tots Fruit/ Vegetables Milk	16 Cheese Pizza Fruit/ Vegetables Milk	17 Bean Burrito Fruit/ Vegetables Milk	18 * Thanksgiving Meal: Turkey, Mashed potatoes, Gravy Corn, Roll, Cranberry Sauce, Pumpkin Pie.
20 Starchy, Beans/Peas, other 1/2c daily. Red/ Orange 3/4c Wk.	21 Thanksgiving meal Fruit/ Vegetables Milk	22 Mini Corn Dogs Fruit/ Vegetables Milk	23 No School	24 	25 No School	26
27 Drink Choice: Min. 1 Fl oz daily. Milk must be offered.	28 Hamburgers w/wo Cheese, French Fries Fruit/ Vegetables Milk	29 Chicken Fajitas Fruit/ Vegetables Milk	30 Chicken Nuggets Mac and Cheese Fruit/ Vegetables Milk	 <p>*Menu subject to change *This is an equal opportunity employer. Pomerene School Lunch Menu K-8</p> 		