

# November 2020

Type Your School Name Here

## LUNCH



**School Information:** New this month. You will be able to choose main or alternate lunch. Check the online lunch order form on our website.



**Nutrition Tip:** Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

### Monday

Hot dog  
Chips  
Fruit  
Snack

2

Alternate: Hamburger

### Tuesday

Grilled Cheese  
Chips  
Fruit  
Snack

3

Alternate: Cheeseburger

### Wednesday

Chicken Nuggets  
Chips  
Fruit  
Snack

4

Alternate: Chicken Patty

### Thursday

Chicken Tenders  
Chips  
Fruit  
Snack

5

Alternate: Chicken Patty

### Friday

Pretzel Dog  
Chips  
Fruit  
Snack

6

Alternate: Corndogs

Chicken Patty  
Chips  
Fruit  
Snack

9

Alternate: Cheeseburger

Early

10

Dismissal

No Lunch

NO  
SCHOOL

11

Popcorn Chicken  
Chips  
Fruit  
Snack

12

Alternate: Hot Dog

Pizza Sticks  
Chips  
Fruit  
Snack

13

Alternate: Cheeseburger

Grilled Cheese  
Chips  
Fruit  
Snack

16

Alternate: Hamburger

Bacon Cheeseburger  
Chips  
Fruit  
Snack

17

Alternate: Hamburger

Chicken Tenders  
Chips  
Fruit  
Snacks

18

Alternate: Hotdog

Chicken Nuggets  
Chips  
Fruit  
Snack

19

Alternate: Chicken Patty

Mozzarella Sticks  
Chips  
Fruit  
Snack

20

Alternate: Chicken Patty

Cheeseburger  
Chips  
Fruit  
Snack

23

Alternate: Chicken Patty

Popcorn Chicken  
Chips  
Fruit  
Snack

24

Alternate: Chicken Patty

Early  
Dismissal

25

No  
Lunch

THANKSGIVING

26

THANKSGIVING  
BREAK

27

30

THANKSGIVING  
BREAK

