

# Calhoun County Schools

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Elementary Lunch  
November 2016

Nov 14, 2016

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
|   | Nov - 1<br><br>Cheesy Chicken & Ric<br>Fried Okra<br>Romaine Spinach Sala<br>Ranch Dressing<br>Sliced Peaches<br>Breadstick WW<br>Milk Choice | Nov - 2<br><br>Hotdog<br>Baked Beans<br>Creamy Coleslaw<br>Mixed Fruit<br>Brownie, WG<br>Milk Choice  | Nov - 3<br><br>Taco With Chips<br>Cheddar Cheese, Shre<br>Pinto Beans<br>WK Corn<br>Romaine Spinach Sala<br>Ranch Dressing<br>Tomatoes<br>Chilled Pineapple<br>Milk Choice      | Nov - 4<br><br>Quesadilla, Chicken W<br>Cheddar Cheese, Shre<br>Pinto Beans<br>Chopped Romaine and<br>Ranch Dressing<br>Apple<br>Milk Choice |
| Nov - 7<br><br>Fish Nuggets<br>Corn Nuggets<br>Creamy Coleslaw<br>Green Beans<br>Mandarin Oranges<br>Milk Choice    | Nov - 8<br><br>Chicken Penne<br>Glazed Carrots<br>Chilled Pineapple<br>Belly Bears WG Choc<br>Milk Choice                                     | Nov - 9<br><br>Corndog<br>Baked Beans<br>Chopped Romaine<br>Ranch Dressing<br>Sliced Peaches<br>Milk Choice   | Nov - 10<br><br>Thanksgiving Dinner   | Nov - 11<br><br>Veterans' Day  |
| Nov - 14<br><br>Chix Sandwich<br>Baked Beans<br>Baked Sweet Potato<br>Mixed Fruit<br>Brownie, WG<br>Milk Choice     | Nov - 15<br><br>Chili<br>Grilled Cheese<br>WK Corn<br>Sliced Peaches<br>Whole Grain Crackers<br>Milk Choice                                   | Nov - 16<br><br>Hamburger<br>Potatoes, Rds/Tots<br>Glazed Carrots<br>Pears<br>Milk Choice   | Nov - 17<br><br>Pizza, Pepperoni 4X6,<br>California Vegetables<br>Romaine Spinach Sala<br>Ranch Dressing<br>Marinara Sauce<br>Breadstick WW<br>Chilled Pineapple<br>Milk Choice | Nov - 18<br><br>E Day  |
| Nov - 21<br><br>P D Day   | Nov - 22<br><br>P D Day   | Nov - 23<br><br>Thanksgiving Holiday  | Nov - 24<br><br>Thanksgiving Holiday  | Nov - 25<br><br>Thanksgiving Holiday   |
| Nov - 28<br><br>Chicken Nuggets<br>Green Beans<br>Mashed Potatoes<br>Breadstick WW<br>Sliced Peaches<br>Milk Choice | Nov - 29<br><br>Beef/Veggie Soup<br>Grilled Cheese<br>Glazed Carrots<br>Mixed Fruit<br>Belly Bears WG Choc<br>Milk Choice                     | Nov - 30<br><br>Chicken and Noodles<br>Black Eye Peas<br>Romaine Spinach Sala<br>Ranch Dressing<br>Tomatoes<br>Cornbread WW<br>Apple<br>Milk Choice |   |  |

This institution is an equal opportunity provider

Menu is subject to change

Meals must have 1/2 cup fruit or vegetable and at least 2 other choices (meat, bread/grain or milk) as part of the Offer vs Serve Program

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**