

November 2009

USD 466 LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Homemade Chili Cheese Sticks Hash Brown Carrot & Celery Sticks Cinnamon Roll & Peaches</p>	<p>3</p> <p>Chicken & Noodles Creamy Potatoes Green Peas Dinner Rolls Cherry Pie & Whip Topping</p>	<p>4</p> <p>Lasagna French Bread Tossed Salad Fruit Cup</p>	<p>5</p> <p>Hot Ham & Cheese Pockets French Fries Cole Slaw Rosy Applesauce Graham Crackers</p>	<p>6</p> <p>Chicken Strips Potatoes & Gravy Choice of Vegetable Break-a-way Bread Whacky Cake & Pineapple</p>
<p>9</p> <p>Beef Stew Cornbread Muffin Fresh Veggies Peanut Butter Fingers Pears</p>	<p>10</p> <p>Chicken Nuggets Potato Salad Green Beans Dinner Rolls Strawberry Shortcake</p>	<p>11</p> <p>Enchiladas Chips & Salsa Salad Mix Fresh Oranges</p>	<p>12</p> <p>Chicken Fried Steak Potatoes & Gravy Corn Warm Rolls Gelatin & Fruit</p>	<p>13</p> <p>Hamburger On A Bun French Fries Lettuce Leaf & Sliced Tomato Chocolate Chip Cookie Fruit Cup & Bananas</p>
<p>16</p> <p>Pizza Quesadillas Potato Gems Tossed Salad Peaches</p>	<p>17</p> <p>Chicken Pot Pie Biscuit Celery Sticks Peanut Butter Cookie Lime Gelatin & Pears</p>	<p>18</p> <p>Salisbury Steak Potatoes & Gravy Choice of Vegetable Break-a-way Bread Pineapple Upside Down Cake</p>	<p>19</p> <p>Burrito Fried Rice Oriental Blend Veggies Lettuce & Tomatoes Brownie & Mandarin Oranges</p>	<p>20</p> <p>Spaghetti & Meat Sauce French Bread Cooked Carrots Butterscotch Cookie Pineapple Tidbits</p>
<p>23</p> <p>Mighty Rib On A Bun Baked Chips Choice of Vegetable Vanilla Pudding & Bananas Vanilla Wafers</p>	<p>24</p> <p style="text-align: center;"><i>Thanksgiving Dinner</i></p> <p>Turkey & Dressing Potatoes & Gravy Winter Blend Cranberry Sauce Dinner Rolls Pumpkin Pie & Whip Topping</p>	<p>25</p> <p style="text-align: center;"><i>Thanksgiving Vacation</i></p>	<p>26</p> <p style="text-align: center;"><i>HAPPY THANKSGIVING</i></p>	<p>27</p> <p style="text-align: center;"><i>Thanksgiving Vacation</i></p>
<p>30</p> <p>Homemade Chili Cheese Sticks Hash Browns Cinnamon Rolls Peaches</p>	<p>A 3 1/2-ounce portion of turkey is about the size and thickness of a new deck of cards. The fat and calorie content varies because white meat has less fat and fewer calories than dark meat and skin. One gram of fat contains 9 calories, and one gram of protein contains 4 calories.</p>	<p style="text-align: center;"><i>CHOICE OF MILK OFFERED DAILY</i></p> <p style="text-align: center;"><i>Menus are subject to change</i></p>	<p style="text-align: center;"><i>Fun Fact:</i></p> <p>A spooked turkey can run at speeds up to 20 miles per hour. They can also burst into flight approaching speeds between 50-55 mph in a matter of seconds.</p>	<p style="text-align: center;"><i>Did You Know?</i></p> <p>Male turkeys gobble. Hens do not. They make a clicking noise.</p>