

November 2017

SS Andrew-Thomas School



Happy Thanksgiving



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



BBQ Pork on Bun
Baked Beans
Peaches **1**

Goulash
Mixed Vegetables
Pears **2**

Chicken Fajitas
Carrots
Mixed Fruit **3**

Tator Tot Casserole
Green Beans
Applesauce **6**

TACOS
Lettuce Salad
Strawberries **7**

Chicken with gravy
Mashed Potatoes
Corn
Pinapple **8**

Meatballs
Rice
Peas
Mandarin Oranges **9**

BBQ on a Bu
Chips
Baked Beans
Peaches **10**

Mini Corn Dogs
Mac & Cheese
Broccoli/Cauliflower
Pears **13**

Spaghetti with
Meat Sauce
Mixed Vegetables
Mixed Fruit **14**

SACK LUNCH
Peanut Butter/Jelly
Chips
Carrots
Mandarin Oranges **15**

PIZZA
Peas
Strawberries **16**

Hamburger on a Bun
Waffle Fries
Green Beans
Applesauce **17**

Sliced Ham
Hash Browns
Broccoli/Cauliflower
Pineapple **20**

SUBS
Lettuce Salad
Peaches **21**

Turkey Roast
Mashed Potatoes/gravy
Corn
Pears **22**

HAPPY
TURKEY
DAY **23**

NO SCHOOL **24**

Chicken Nuggets
Potato Smiles
Baked Beans
Mixed Fruit **27**

SUPER NACHOS
Corn
Strawberries **28**

Pork Chop Patty
Tator Tots
Pes
Applesauce **29**

Chicen Alfredo
Green Beans
Mandarin Oranges **30**

