



EHS Lunch

November 2012

Manager: Jill Young



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Chicken Nuggets or Shrimp Hush Puppies Choose Two Fries, Greens, Fresh Apples Halves or Mandarin Oranges Low Fat Milk</i>	2 <i>Hamburger/Cheeseburger on Bun or Corn Dog Nuggets Choose Two Spinach, Beets, Banana Pudding or Apricot Halves Low Fat Milk</i>	3
4	5 <i>Hot Dog on Bun or Bean & Cheese Burrito Choose Two Baked Beans, Turnip Greens, Pears or Fresh Apple Halves Low Fat Milk</i>	6 <i>Pepperoni Pizza or Turkey Sandwich on Bun w/Lettuce Choose Two String Beans, Corn, Applesauce Low Fat Milk/Juice</i>	7 <i>Sloppy Joe or Bologna & Cheese on Bun w/Lettuce Choose Two Sweet Potato Puffs, Mixed Veggies, Pears or Mixed Frit Low Fat Milk</i>	8 <i>Chicken Tenders or Macaroni & Cheese w/Roll Choose Two Steamed Broccoli, Tossed Salad, Pine- apple Tidbits or Banana Pudding Low Fat Milk</i>	9 <i>No Lunch—Only Breakfast Corn Beef Hash/Eggs/Biscuit. Apple- sauce Low Fat Milk/Juice 12:30 Release: Teacher Workday</i>	10
11	12 <i>BBQ on Bun or Fish Sticks W/Hush Puppies Choose Two Cole Slaw, Baked Beans, Peaches or Mixed Fruit/Low Fat Milk</i>	13 <i>Pepperoni Pizza or Bean Cheese Burrito Choose Two String Beans, Corn, Applesauce Low Fat Milk/Juice</i>	14 <i>Hot Dog or Riblet on Bun Choose Two Mixed Veggies, Spinach/Pears or Man- darin Oranges Low Fat Milk</i>	15 <i>Turkey w/Dressing & Gravy Hot Roll or Fresh Chef Salad Choose Two Greens, Yam, Gelatin Pineapple Low Fat Milk</i>	16 <i>Corn Dog or Fish Patty on Bun Choose Two String Beans, Tossed Salad, Apricot Halves or Fresh Apple Halves Low Fat Milk</i>	17
18	19 <i>Cheeseburger or BBQ on Bun Corn Chips Choose Two Kale, Beans & Tomatoes, Peaches or Pears Low Fat Milk</i>	20 <i>Sub Sandwich on Whole Wheat Bread, Sun Chips or Chef Salad Choose Two Sweet Peas, Corn, Applesauce Low Fat Milk</i>	21 <i>No Lunch— Only Breakfast Pancakes & Sausage w/Syrup or Oven Fried Potatoes, Eggs, Low Fat Milk/ Juice 12:30 Release: No Teacher Workday</i>	22 <i>Schools Closed THANKSGIVING HOLIDAY</i>	23 <i>Schools Closed THANKSGIVING HOLIDAY</i>	t
25	26 <i>Corn Dog Nuggets or Steak— Um w/ Cheese on Bun—Corn Chips Choose Two Pork-N-Beans, Spinach, Mixed Fruit or Pineapple Tidbits—Low Fat Milk</i>	27 <i>Turkey or BBQ on Bun Tortilla Chips Choose Two Mixed Veggies, Cole Slaw, Fresh Apple Halves, Mandarin Oranges Low Fat Milk</i>	28 <i>Vegetable Soup W/Gill Cheese or Beef Stew Choose Two Carrots, Beets, Peaches, Banana Pudding—Low Fat Milk</i>	29 <i>PIZZA HUT Cheesy, Pepperoni, Veg- gie Pizza or Bean & Cheese Burrito Choose Two Corn on Cob, String Beans, Apple- sauce—Low Fat Milk</i>	30 <i>Chicken Patty or Pork Chop on Wheat Bun Choose Two Steamed Broccoli, Mixed Greens, Fresh Grapes, Fruit Cocktail Low Fat Milk</i>	

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