

West Franklin November 2011 Lunch Menu

Mon	Tue	Wed	Thu	Fri
<p><i>All menus served with choice of milk: 1%, chocolate or strawberry. Our homemade bread is whole wheat. "C" denotes vitamin C content "A" denotes vitamin A content "WG" denotes whole grain We try to offer 4 choices of vegetables/fruits daily.</i></p>	<p>1 BBQ Beef on a Bun (WG) Sunchips Sweet Potato Fries (A) Baked Beans Tossed Salad & Dressing (A&C) Rosey Applesauce</p>	<p>2Early Dismissal Cheese Pizza Green Beans Fresh Carrots (A) Orange Wedges (C) Garlic Breadsticks (WW) Marinara (C)</p>	<p>3 Chicken Fajita (WG) Tortilla Chips & Salsa Corn Peaches (A) Strawberries (C)</p>	<p>4 Salisbury Steak Mashed Potatoes & Gravy Garden Spinach Salad (A&C) Corn Grapes Apricots (A) Hot Roll (WW) Pumpkin Cake (A)</p>
<p>7 Chicken Teriyaki Chicken Flavored Rice Peas Cucumber Slices & Dip Mandarin Oranges (A&C) Fruit Choice Oatmeal Muffin Squares (WG)</p>	<p>8 Chili Frito Pie (WG) (C) Cheese Stick Corn Fruit Four Salad (A) Apple Wedges Cinnamon Roll</p>	<p>9 Ham & Cheese Sandwich (WG) Celery Sticks Sweet Potato Puffs (A) Pineapple (C) Fruit Cocktail Granola Round (WG)</p>	<p>10 Country Style Beef Pattie Mashed Potatoes & Gravy California Blend Vegetables (A) Banana (C) Cinnamon Apples Hot Roll w/Jelly</p>	<p>11 Tongue Twisting Chicken Green Pepper Strips (C) Fresh Baby Carrots (A) Strawberries (C) & Bananas Pears Whole Wheat Cookies</p>
<p>14 Beef & Noodles Mashed Potatoes Corn Broccoli & Dip (A&C) Mandarin Oranges (A&C) Hot Roll</p>	<p>15 Hot Chicken Sandwiches made w/ Whole Grain Bun Tossed Salad w/Dressing (A&C) Green Beans Pineapple (C) Pears Rice Krispy Treat</p>	<p>16 Pepperoni Pizza Garlic Breadsticks w/Marina Peas (A) Celery Sticks Orange Wedges (C)</p>	<p>17 Taco Burger w/Lettuce & Tomato (C) Mexican Rice Refried Beans Peaches (A) Fresh Apple</p>	<p>18 Turkey & Dressing Mashed Potatoes Turkey Gravy Broccoli Salad (A&C) Fruit Four Salad (A) Pumpkin Pie Hot Rolls (WW)</p>
<p>21 Cheeseburger on a Bun Lettuce & Tomato (C) Sun Chips Baked Beans Carrot Sticks (A) Kiwi (C)</p>	<p>22 Football Chicken Nuggets Mashed Potatoes & Gravy Broc/Cauliflower & Dip (A&C) Strawberries (C) Applesauce Hot Biscuits w/Jelly</p>	<p>23 NO SCHOOL</p>	<p>24 NO SCHOOL</p>	<p>25 NO SCHOOL</p>
<p>28 Hot Dog on a Bun Sweet Potato Fries (A&C) Green Beans Mandarin Oranges (A&C) Fruit Cocktail Sunberry Blast Granola Round (WG)</p>	<p>29 Spaghetti & Meatsauce Corn Pineapple (C) Peaches (A) Garlic Breadsticks (WW)</p>	<p>30 Sausage, Biscuits (WG) Gravy Hash Browns Broccoli (A&C) & Cheese Strawberries (C) Assorted Fruit Juice Coffeecake</p>	<p>In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.</p> <p>To file a complaint of discrimination, write to USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.</p>	

