



# NOVEMBER MENU

Every lunch also includes a choice of milk and a Side Salad for Secondary Students.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Asian Bowl or PB&J Grab & Go Garden Fresh Salad Tropical Pineapple	3 Nachos Spanish Rice Refried Beans Homemade Salsa Mixed Fruit	4 Spaghetti with Meat Sauce or Pizza Garlic Stick Seasoned Green Beans Fruit Cup	5 Country Bowl <i>with Mashed Potatoes and Seasoned Corn</i> or Popcorn Chicken Bucket <i>with Fries</i> Hot Roll Color-filled Apple Sauce	6 Chicken Strip Sandwich or Cheese Burger Basket Lettuce, Pickles, and Tomatoes Cookie
9 Chili Cheese Tots with Hot Roll or Chili Dog with Tots Seasoned Vegetables Fruit Cup	10 Quesadilla or Crispitos Steamed Vegetables Homemade Salsa Refried Beans Spanish Rice Pineapple Fluff	11 Lasagna with Cheesy Garlic Bread or Pizza Seasoned Sweet Corn Garden Fresh Salad Mixed Fruit	12 Steak Fingers or Baked Chicken Hot Roll Creamy Mashed Potatoes Roasted Vegetables Berries & Cream	13 Chopped BBQ on Bun or Chicken Sandwich Basket Lettuce, Pickles, Tomatoes, and Onions Cookie
16 Sub Sandwich with Choice of Chips 3 Cheese Mac & Cheese with Mini Corn Dogs Sandwich Fixins' Seasoned Vegetables Fruit Salad	17 Tacos Lettuce & Tomatoes Homemade Salsa Pinto Beans Spanish Rice Fruit Cup	18 <b>Thanksgiving Feast</b> 	19 Chicken Strips or Meatballs in Gravy Hot Roll Creamy Mashed Potatoes Steamed Vegetables Fruit Cup	20 

*La Pryor*

## SWEET, SWEET POTATOES!

One of America's favorite dishes for Thanksgiving is sweet Potatoes. There are so many yummy ways to make them from mashed to fries to marshmallows on top! Sweet Potatoes are a great source of beta-carotene, which turns into vitamin A when eaten. Your eyes love vitamin A because it helps them to see at night and recognize colors. Consider saving some room on your plate for these yummy potatoes over Thanksgiving!



# HAPPY THANKSGIVING

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are offered everyday.



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 & 3	Muffin & Yogurt	Breakfast Sandwich	Biscuits with Sausage	Cinnamon Rolls	Breakfast Pizza
Week 2	French Toast Sticks	Breakfast Taco	Pancake Wrap	Donuts	Banana Bread

Assistance available in English and Spanish. Please call 877-TEX-MEAL (877-839-6325) for help. In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027), found online at: [http://www.eeoc.usda.gov/complaint\\_filing\\_cust.html](http://www.eeoc.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Ave, SW, Washington, D.C., 20250-9410. Fax: (202) 690-7442. E-mail: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.