

Lunch Meal Pattern

Meat/ Meat Alternative includes at least

2 oz equivalent serving

Fruit include at least 1/2 cup serving

Vegetables include 3/4 cup serving

Whole Grain Rich (WG) selections include at least 1oz equivalent serving

Fluid Milk includes a 1 Cup of 1% or Fat Free serving.

Menu is subject to change without notice

RICHARD ALLEN SCHOOLS

Sowing Seeds of Knowledge . . . Growing Trees of Wisdom

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Services at (800) 877-8339; or (800)845-6136 (Spanish).

NOVEMBER 2015

Lunch Calendar

2	Chicken Nuggets Wg Bread Corn Pineapple Milk	3	Spicy Nachos w/ turkey/refried beans/Sour cream/ Salsa Romaine Salad Fresh Pear Milk	4	Spaghetti w/ Meatballs WG Pasta WG Bread Green Beans Banana Milk	5	Chicken w/Brown Rice Broccoli Fruit Cocktail Milk	6	Pizza Carrots/Tomatoes w/ Ranch Orange Milk
9	Chicken Taco w/WG tortilla Romaine Salad Sliced Peaches Milk	10	4-way Chili Beans/Cheese/ WG pasta/Onion Garden Salad Orange Slices Milk	11	Sloppy Joe w/WG bun Carrots/Tomatoes w/ Ranch Banana Milk	12	Salisbury Steak Mashed Potatoes WG Bread Applesauce Milk	13	Beans & Wienies WG Bread Broccoli w/Ranch Apple Milk
16	Hamburger Bar Onion/ Lettuce/Tomato/ WG Bun Corn Fresh Pears Milk	17	Baked Chicken Sweet Potatoes Greens Cranberry Sauce Roll Milk	18	Walkin Taco w/ turkey/refried beans/ WG tortilla chips/salsa Romaine Salad Banana Milk	19	Cheese Coney's w/ onions/WG bun Baked Beans Mandarin Oranges Milk	20	Pizza Carrots/Tomatoes w/ Ranch Apple Milk
23		24		25		26		27	
30	Chicken Noodles w/WG pasta Green Beans Applesauce Milk								

Thanksgiving Break

Breakfast Meal Pattern

Fruit includes at least 1 cup serving
Whole Grain Rich selections include
at least 1oz equivalent serving
Milk includes a 1 Cup of 1% or
Fat Free serving.

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NOVEMBER 2015

Breakfast Calendar

	Mon	Tue	Wed	Thu	Fri
2	Cold Cereal Breakfast Bar Fruit Milk	3 Breakfast Sand- wich w/ Turkey Ham/Cheese Fruit	4 Cold Cereal Breakfast Bar Fruit Milk	5 PBJ Uncrustable Yogurt Fruit Milk	6 Pancakes w/syrup Oatmeal Fruit Milk
9	Cold Cereal Pumpkin Bread Fruit Milk	10 Cold Cereal Breakfast Bar Fruit Milk	11 Oatmeal Hash Browns Fruit Milk	12 Cold Cereal Breakfast Bar Fruit Milk	13 Pancakes w/syrup Oatmeal Fruit Milk
16	Bagel Oatmeal Fruit Milk	17 Breakfast Bar Yogurt Fruit Milk	18 Cold Cereal Hash Browns Fruit Milk	19 Breakfast Wrap w/WG tortilla/eggs Fruit Milk	20 Pancakes w/syrup Oatmeal Fruit Milk
23	Thanksgiving Break				
30					
	Breakfast Bar Oatmeal Fruit Milk				