



November

CLARION-GOLDFIELD-DOWS Schools ~ LUNCH Menus

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of... NOVEMBER 1 - 3			K-5 Mac & Cheese 6-12 Pasta Bar(meat,cheese alfredo sauce) SeasonCorn Carrots Brocc. Florets Crisp Apple Wedges Fresh Bkd. Dinner Roll	Hamburger w/ Bun Cheese Slice Oven Bkd. Fries Fresh Tomato/Cucumber Slices Applesauce	
Week of... NOVEMBER 6 - 10	Hot Ham/Bun Cheese Slice Seasoned Potato Wedges Tomato/Cucumber Slices Applesauce	PK-5 Softshell Taco 6-12 Taco Bar Beef /Chicken Lettuce/ Cheese Diced Tomatoes/Salsa Hearty Refried Beans Diced Pears WG Cookie	Chili / Fritos or crackers Cornbread / Syrup Crunchy Baby Carrots Crisp Celery Stix Banana	Breaded Chicken Nugget Whipped Potatoes Crisp Radishes Crunchy Baby Carrots Diced Peaches Fresh Bkd Cinn Breadstix	PK-3 Big Dad's CheeseStix 4-12 Italian Dunker Marinara Sauce Broccoli Florets Seasoned Green Beans Mixed Fruit
Week of... NOVEMBER 13 - 17	Crispy Chicken Patty/Bun Seasoned Corn Fresh Tomato Slices Broccoli Florets/dip Diced Pears 9-12 Coleslaw	Super Nachos Cheese/Lettuce Diced Tomatoes/Salsa Hearty Refried Beans Diced Peaches	Turkey Gravy/ Biscuits Steamed Garden Peas Fresh Cauliflower Florets Crunchy Baby Carrots Crisp Apple Wedges Pumpkin Bar	Bacon Chicken Ranch Wrap 6-12 Flatbread Cheese/Lettuce SlicedTomatoes/Salsa Seasoned Green Beans Juicy Orange Wedges Chocolate Brownie	State Fair Corndog Oven Bkd Beans Crunchy Baby Carrots Broccoli Florets/dip Diced Pears Applesauce
Week of... NOVEMBER 20 - 24	Popcorn Chicken Bowl Whipped Potatoes/Gravy Seasoned corn Mixed Fruit Fresh Bkd Cinn Breadstix	COOKS CHOICE	COOKS CHOICE	No School - Thanksgiving	
Week of... NOV. 27- DECEMBER 1	Br. Pork Patty/ Bun Seasoned Green Beans Fresh Tomato Slices Crunchy Baby Carrots Diced Pears	Maidrite/ Bun Seasoned Corn Cherry Tomatoes Crisp Cucumber Slices Juicy Orange Wedges Rice Krispy Bar	Goulash Fresh Cauliflower Florets Crunchy Baby Carrots Applesauce Fresh Bkd Dinner Roll	Teriyaki Chicken Bowl Steamed Broccoli Garden Blend Rice Pineapple Tidbits Parmesan Breadstick	PK-8 The Max Cheese Pizza 9-12 Big Dad's 4 Cheese pizza Garden Salad/Caulif florets Garbanzo Beans Diced Peaches WG Cookie
Menu is subject to change without notice.					

USDA REQUIREMENTS FOR REIMBURSABLE SCHOOL LUNCH
5 Daily LUNCH COMPONENT Requirements —
Meat/Meat Alternate – Fruit – Vegetable – Bread – Milk
*Students must choose at least 3 of the 5 items offered,
 one item **MUST** be a serving of fruit or vegetable or a ½ serving of both.*



Skim, Skim Chocolate & 1% Milk offered daily.
 Whole Grain Buns, Breads & Pastas are always used.
 All items offered meet USDA requirements
 in limiting calories to 30% from fat and 35% from sugar.