



# November

# CLARION-GOLDFIELD-DOWS Schools ~ LUNCH Menus

| DATE  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|--|---|---|---|
| <b>Week of...<br/>NOVEMBER<br/>1 - 2</b>        |  |  |   | Pig in a Blanket<br>Oven Bkd Beans<br>Crunchy Baby Carrots<br>Crisp Apple Wedges  | PK-3 Bosco Cheese Stick<br>4-12 Italian Dunker<br>Zesty Marinara Sauce<br>Seasoned Green Beans<br>Crisp Radishes/Pears    |
| <b>Week of...<br/>NOVEMBER<br/>5 - 9</b>        | Softshell Taco 6-12 Taco Bar<br>Lettuce<br>Diced Tomatoes/Salsa<br>Hearty Refried Beans<br>Applesauce<br>WG Cookie                 | Hot Ham/ Bun<br>6-12 Cheese Slice<br>Baked French Fries<br>FreshCucumber Slices<br>Diced Peaches                             | K-5 Mac & Cheese<br>6-12 Pasta Bar(meat,cheese<br>alfredo sauce) Carrots<br>Seasoned Corn<br>Crisp Apple Wedges<br>Fresh Bkd. Dinner Roll | PK-8 Max Cheese pizza Slice<br>9-12 Four Cheese Pizza<br>Seasoned Green Beans<br>Cauliflower Florets<br>Juicy Orange Wedges | <b>NO SCHOOL</b>  |
| <b>Week of...<br/>NOVEMBER<br/>12 -16</b>       | Breaded Mozzarella Stix<br>Zesty Marinara Sauce<br>Two Bean Salad<br>Broccoli Florets/dip<br>Diced Peaches                         | Chicken Bacon Ranch Wrap<br>6-12 Flatbread/Cheese<br>Lettuce/ Sl. Tomato<br>Seasoned Corn<br>Diced Pears                     | Turkey Gravy/ Biscuits<br>Steamed Garden Peas<br>Crunchy Baby Carrots<br>Crisp Apple Wedges<br>Sherbet                                    | Crispy Chicken Drumstick<br>Mashed Potatoes<br>Seasoned Green Beans<br>Strawberries/Bananas<br>Fresh Bkd Dinner Roll        | PK-5 Max Pepp Pizza Slice<br>9-12 The Max St Crust Pepp<br>pizza/Garbanzo Beans<br>Pacific Blend Vegetables<br>Applesauce |
| <b>Week of...<br/>NOVEMBER<br/>19 - 23</b>      | Teriyaki Dippers<br>Mashed Potatoes<br>Fresh Broccoli Florets<br>Crisp Apple Wedges<br>9-12 Garden Rice<br>Fresh Bkd. Cinn Brdstix | Crispy Chicken Pattie/Bun<br>Seasoned Green Beans<br>Baby Carrots<br>Juicy Orange Wedges                                     | Maidrite/ Bun<br>Sliced Tomatoes<br>Oven Bkd. French Fry<br>Diced Peaches<br>Pumpkin Bar  | <b>THANKSGIVING VACATION</b>  |   |
| <b>Week of...<br/>NOV. 26 - 30</b>              | Hotdog/Bun<br>6-12 choice Cheddarwurst<br>Oven Bkd Beans<br>Crunchy Baby Carrots<br>Warm Cinn Apples                               | PK-3Chicken Fries<br>4-12Mand Orange Chicken<br>Mashed Potatoes<br>Stirfry Veg /4 -12 Rice<br>Pineapple Tidbits<br>WG Cookie | Italian Pizza Pasta Bake<br>Pacific Blend Vegetables<br>Fresh Broccoli Florets<br>Applesauce<br>Fresh Bkd Dinner Roll                     | Super Nachos<br>Cheese/Lettuce<br>Diced Tomatoes/Salsa<br>Hearty Refried Beans<br>Diced Peaches                             | Mr. Ribb/ Bun<br>Sliced Tomatoes<br>Oven Bkd Tater Tots<br>Crisp Apple Wedges   |
| Menu is<br>subject to change<br>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.