



November

CLARION-GOLDFIELD-DOWS Schools ~ LUNCH Menus

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