

# November

# 2022

## Elementary Lunch Menu

| Daily  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|--|---|---|
|  <p><b>Daily:</b><br/>Milk: Skim, 1%<br/>White,<br/>Fat Free<br/>Chocolate, Fat<br/>Free<br/>Strawberry</p>     | <p>31<br/>Chicken<br/>Tenders<br/>w/Biscuit<br/>Steamed Corn</p> | <p>1<br/>Pasta &amp;<br/>Meatballs<br/>Steamed Green<br/>Beans</p>                       | <p>2<br/>Crispy Chicken<br/>Patty Sandwich<br/>Baked Beans</p>                               | <p>3<br/>Grilled Cheese<br/>Sandwich<br/>Baked Potato<br/>Rounds</p>                                | <p>4<br/>Soy Butter &amp;<br/>Jelly Sandwich<br/>Baby Carrots<br/>Whole Grain<br/>Cheez-it<br/>Crackers<br/><b>HALF DAY</b></p> |
|  <p><b>Daily:</b><br/>Breads and<br/>Pastas<br/>are Whole<br/>Grain<br/>Soy Butter &amp;<br/>Jelly Sandwich</p> | <p>7<br/>Cheese Calzone<br/>Steamed Corn</p>                     | <p>8<br/><b>Superintendent's<br/>Conference Day<br/>(No School for<br/>Students)</b></p> | <p>9<br/>Baked Chicken<br/>Baked Beans</p>   | <p>10<br/>Cheeseburger<br/>Baked Potato<br/>Rounds</p>  | <p>11<br/><b>Veteran's Day<br/>Observed<br/>All Facilities<br/>Closed</b></p>   |
|  <p><b>Daily:</b><br/>Fruit of the Day<br/>Vegetable Bar</p>  | <p>14<br/>Smoked BBQ<br/>Turkey<br/>Sandwich<br/>Baked Beans</p> | <p>15<br/>Sweet N Sour<br/>Chicken W/Rice<br/>Steamed Green<br/>Beans</p>                | <p>16<br/><b>Egg &amp; Cheese<br/>on a Bun</b><br/>Steamed Corn</p>                          | <p>17<br/>Breaded<br/>Chicken<br/>Drumstick<br/>Mashed Sweet<br/>Potatoes<br/>Corn Muffin</p>       | <p>18<br/>Cheese Pizza<br/>Pepperoni Pizza<br/>Cherry Star<br/>(Veggie Juice)</p>   |
|   | <p>21<br/>Grilled BBQ<br/>Chicken<br/>Steamed Corn</p>           | <p>22<br/>Pizza Crunchers<br/>Steamed Green<br/>Beans</p>                                | <p>23<br/><b>Thanksgiving<br/>Recess<br/>No School For<br/>Students<br/>(Nov. 23-25)</b></p> | <p>24<br/></p> | <p>25<br/></p>                             |
|   | <p>28<br/>Chicken<br/>Tenders<br/>w/Biscuit<br/>Steamed Corn</p> | <p>29<br/>Pasta &amp;<br/>Meatballs<br/>Steamed Green<br/>Beans</p>                      | <p>30<br/>Crispy Chicken<br/>Patty Sandwich<br/>Baked Beans</p>                              |   | <p><b>Breakfast for<br/>Lunch</b></p>   |

**MENU IS SUBJECT TO CHANGE. RCSD IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER**