

East Chambers Primary  
November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			<u>1 POP TART</u> Chili or Yogurt Tray Green Beans Rice Crackers Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>2 FRENCH TOAST STICKS</u> Chicken Nuggets or Ham and Cheese Wrap Broccoli Cheese Rice Potato Smiles Romaine Salad or Fresh Vegetables Smoothie or Fresh Fruit Choice of Milk
<u>5 KOLACHE</u> BBQ on Bun or Hot and Spicy Chicken Patty on Bun Potato Smiles Broccoli and Cheese Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>6 POP TART</u> Chicken Fajitas or Breaded Beef on Bun Pinto Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>7 SAUSAGE PANCAKE BITES</u> Pepperoni Pizza Chef Salad Seasoned Carrots Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>8 CEREAL W/ POP TART</u> Chicken Parmesan or Strawberry Parfait Mashed Potatoes W/ Gravy Corn Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>9 PANCAKES</u> Corn Dogs or Ham and Cheese Sandwich Sweet Potato Fries Romaine Salad or Fresh Vegetables Pineapple or Fresh Fruit Choice of Milk
<u>12 HONEY BUN</u> Hot Dog on Bun or Hot and Spicy Chicken Patty on Bun Pork-n-Beans French Fries Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>13 CEREAL W/ POP TART</u> Beef and Cheese Burrito or Crispy Beef Tacos Pinto Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>14 BREAKFAST PIZZA</u> K & 2 <sup>nd</sup> Bosco Sticks Carrot Sticks w/ Ranch Craisins Baked Chips PK & 1 <sup>st</sup> Turkey Mashed Potatoes w/ Gravy Corn Stuffing Roll Sweet Potatoes Pears Choice of Milk	<u>15 POP TART</u> PK & 1 <sup>st</sup> Bosco Sticks Carrot Sticks w/ Ranch Craisins Baked Chips K & 2 <sup>nd</sup> Turkey Mashed Potatoes w/ Gravy Corn Stuffing Roll Sweet Potatoes Pears Choice of Milk	<u>16 FRENCH TOAST STICKS</u> Chicken Tenders w/ Roll or Ham and Cheese Wrap Potato Smiles Romaine Salad or Fresh Vegetables Smoothie or Fresh Fruit Choice of Milk

19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL
<u>26 KOLACHE</u> Hamburger on Bun or Hot and Spicy Chicken Patty on Bun French Fries Baked Beans Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>27 POP TART</u> Cuban Flatbread Sandwich Or Grilled Cheese sandwich Vegetable Soup Cuban Black Bean Salad Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>28 SAUSAGE PANCAKE BITES</u> Cheese Pizza or Chef Salad Green Peas Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>29 CEREAL W/ POP TART</u> Chili or Yogurt Tray Green Beans Rice Crackers Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>30 PANCAKES</u> Chicken Nuggets or Ham and Cheese Wrap Broccoli Cheese Rice Potato Smiles Romaine Salad or Fresh Vegetables Smoothie or Fresh Fruit Choice of Milk