

November 2020 Roland-Story Elementary School



This institution is an equal opportunity provider.



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday

French Bread Pizza **2**
Romaine Salad
Mixed Fruit
Milk

Soft Pretzel Cheese Sticks **9**
Corn Nuggets
Strawberry Cups
Milk

Pork Rib Sandwich **16**
Broccoli Normandy
Mixed Fruit
Milk

Chicken Parmesan on a Bun **23**
Capri Veggies
Strawberries
Milk

Cheese Pizza **30**
Romaine Salad
Pears
Milk

Tuesday

Cheesy Chicken **3**
Burrito
Black Beans
Mango
Milk

Walking Tacos **10**
Corn
Apple Slices
Carmel Dipping Sauce
Milk

Chili **17**
Cinnamon Roll
Corn
Apricots
Milk

Shredded Pork Nachos **24**
Corn
Mandarin Oranges
Milk

Carnival Themed Lunches for the Week of November 9-13

Wednesday

Grilled Cheese **4**
Tomato Soup
Baby Carrots
Mixed Fruit
Milk

Popcorn Chicken **11**
Green Beans
Mixed Fruit
Carnival Popcorn
Milk

Hot Dog **18**
Peas
Pears
Sun Chips
Milk

Turkey & Bacon Flatbread **25**
Baby Carrots
Apple Slices
Doritos
Milk

Milk offered daily:
White, Chocolate, and Strawberry Skim Milk
White 1% Milk

Thursday

Turkey and Cheese Sub **5**
Mixed Vegetables
Pineapple
Goldfish Pretzels
Milk

Cheeseburgers **12**
Cherry Star Veggie Juice
Peaches
Apple Churro
Milk

Friendsgiving 2020 **19**
Turkey
Mashed Potatoes w/Gravy
Green Bean Casserole
Applesauce & Roll
Plus more dinner trimmings

No School **26**
HAPPY THANKSGIVING

Friday

No School **6**

Corndog **13**
Cheese Fries
Applesauce
Dutch Waffle Sticks
Milk

Meatball Sub **20**
Fries
Applesauce
Milk

No School **27**

