



# NOVEMBER | 2018

## RANDOLPH SOUTHERN ELEMENTARY

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
|  |  |  | <b>1</b><br>COUNTRY FRIED STEAK<br>MASHED POTATOES/GRAVY<br>BROCCOLI<br>MIXED FRUIT<br>MILK | <b>2</b><br>CHEESEBURGER/BUN<br>FRENCH FRIES<br>CARROTS<br>APPLESAUCE<br>MILK   |
| <b>5</b><br>PANCAKES/SYRUP<br>SAUSAGE PATTY<br>GREEN BEANS<br>PEACHES<br>MILK                  | <b>6</b><br>PIZZA<br>CORN<br>PINEAPPLE<br>MILK<br>ICE CREAM BAR                                | <b>7</b><br>SPAGHETTI W/MEAT SAUCE<br>BROCCOLI<br>GARLIC BREAD<br>MANDARIN ORANGES<br>MILK   | <b>8</b><br>POPCORN CHICKEN<br>HASH BROWN TRIANGLE<br>CARROTS<br>APPLESAUCE<br>MILK         | <b>9</b><br>DELI SANDWICH<br>BAKED BEANS<br>FRESH VEGGIES/DIP<br>PEACHES<br>MILK  |
| <b>12</b><br>CHICKEN PATTY/BUN<br>CHIPS<br>CORN<br>MIXED FRUIT<br>MILK                         | <b>13</b><br>CHICKEN & NOODLES<br>MASHED POTATOES<br>BROCCOLI<br>PEACHES<br>ROLL<br>MILK       | <b>14</b> MRS. ROBINSON MENU<br>CHICKEN WINGS W/SAUCE<br>CORN ON THE COB<br>W/BUTTER<br>DRAGON FRUIT<br>BREADSTICK W/GARLIC<br>PUMPKIN OR SUGAR<br>CREAM PIE<br>MILK | <b>15</b><br>NACOLS W/MEAT &<br>CHEESE<br>LETTUCE & TOMATOES<br>APPLESAUCE<br>MILK          | <b>16</b><br>CHICKEN LEG<br>POTATO WEDGES<br>BAKED BEANS<br>PEACHES<br>MILK   |
| <b>19</b><br>PEANUT BUTTER<br>SANDWICH<br>COTTAGE CHEESE<br>BAKED BEANS<br>FRESH FRUIT<br>MILK | <b>20</b><br>SALISBURY STEAK<br>MASHED POTATOES/GRAVY<br>BROCCOLI<br>PEACHES<br>MILK<br>COOKIE | <b>21</b><br>NO SCHOOL<br>THANKSGIVING<br>BREAK  | <b>22</b><br>NO SCHOOL<br>THANKSGIVING<br>BREAK   | <b>23</b><br>NO SCHOOL<br>THANKSGIVING<br>BREAK   |
| <b>26</b><br>CHICKEN TENDERS<br>SMILEY FRIES<br>BAKED BEANS<br>APPLESAUCE<br>MILK              | <b>27</b><br>WALKING TACO<br>LETTUCE & TOMATOES<br>MANDARIN ORANGES<br>MILK                    | <b>28</b><br>HOT DOG/BUN<br>CARROT STICKS<br>PEACHES<br>MILK<br>SUNSHINE BREAD   | <b>29</b><br>CHICKEN NOODLE SOUP<br>GRILLED CHEESE<br>FRESH VEGGIES/DIP<br>PEACHES<br>MILK  | <b>30</b> K-2 PEANUT BUTTER<br>SANDWICH<br>3-6 CHICKEN BACON<br>RANCH SANDWICH<br>CHIPS<br>BROCCOLI<br>BAKED APPLES<br>MILK |

### News

**Each day, your child is offered a lunch containing the following:**

- Meat or Meat Alternate, Grain, Fruit or Vegetable And Milk**

**Out of the 5 food groups your student is offered, they must choose at least 3 for their meal. One of the food groups must be a fruit or vegetable.**

**If your child comes home and says they didn't get enough to eat at lunch, ask if they are taking all their options.**