



NOVEMBER | 2018

RANDOLPH SOUTHERN JR-SR HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 COUNTRY FRIED STEAK Chicken Leg MASHED POTATOES/GRAVY BROCCOLI MIXED FRUIT MILK	2 CHEESEBURGER/BUN BBQ Pork/Bun FRENCH FRIES CARROTS APPLESAUCE MILK
5 PANCAKES/SYRUP SAUSAGE PATTY Biscuit & Sausage Gravy GREEN BEANS PEARS MILK	6 PIZZA Cheesburger Mini Twins CORN PINEAPPLE MILK ICE CREAM BAR	7 SPAGHETTI W/MEATSAUCE Mac & Cheese BROCCOLI GARLIC BREAD MANDARIN ORANGES MILK	8 GENERAL TSO CHICKEN RICE Burrito Hash Brown Triangle CARROTS APPLESAUCE MILK	9 DELI SANDWICH Coney Dog/Bun BAKED BEANS FRESH VEGGIES/DIP PEACHES MILK
12 SPICY CHICKEN PATTY/BUN Pizza Burger/Bun CHIPS CORN MIXED FRUIT MILK	13 CHICKEN & NOODLES Ham Slice Scalloped Potatoes MASHED POTATOES BROCCOLI PEACHES ROLL MILK	14 <u>MRS. ROBINSON MENU</u> CHICKEN WINGS W/SAUCE CORN ON THE COB W/BUTTER DRAGON FRUIT BREADSTICK W/GARLIC PUMPKIN OR SUGAR CREAM PIE MILK	15 NACHOS W/MEAT & CHEESE Ham & Cheese Croissant LETTUCE & TOMATOES APPLESAUCE MILK	16 PHILLY STEAK SANDWICH Hot Wings POTATO WEDGES BAKED BEANS PEARS MILK
19 FISH SANDWICH BBQ Chicken/Bun COLE SLAW BAKED BEANS FRESH FRUIT MILK	20 SALISBURY STEAK Turkey Slice MASHED POTATOES/GRAVY BROCCOLI PEACHES MILK COOKIE	21 NO SCHOOL THANKSGIVING BREAK	22 NO SCHOOL THANKSGIVING BREAK	23 NO SCHOOL THANKSGIVING BREAK
26 CHICKEN TENDERS Ham & Cheese Wrap SMILEY FRIES BAKED BEANS APPLESAUCE MILK	27 WALKING TACO Hamburger/Bun LETTUCE & TOMATOES MANDARIN ORANGES MILK	28 CONEY DOG Chicken Sliders CARROT STICKS PEACHES MILK SUNSHINE BREAD	29 POTATO SOUP GRILLED CHEESE Fajita Chicken Salad FRESH VEGGIES/DIP PEARS MILK	30 CHICKEN BACON RANCH SANDWICH Peanut Butter Sandwich CHIPS BROCCOLI BAKED APPLES 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.