



Memphis Elementary NOVEMBER and DECEMBER 2017 Lunch Menu

|  |  |  |   |   |                                    |
|--|--|--|---|---|------------------------------------|
| 6<br>Chicken Quesadilla<br>Mexican Rice<br>Romaine Salad   | 7<br>Walking Taco's<br>Refried Beans                                       | 8<br>Bosco's<br>Green beans<br>French Fries  | 9<br>BBQ Riblet<br>Sandwich<br>On a WG Bun<br>Baked Beans | 10<br>Pizza<br>Romaine Salad<br>French Fries  | Apples<br>Banana's<br>Peaches      |
| 13<br>HALF DAY<br>CONFERENCES<br>                            | 14<br>Chicken Patty on a<br>WG Bun<br>Baked Beans<br>Corn                  | 15<br>HALF DAY<br>CONFERENCES  | 16<br>Mini Pancakes<br>Go-gurts<br>String Cheese          | 17<br>Pizza<br>Romaine Salad<br>French Fries  | Apples<br>Pineapple                |
| 20<br>Mini Corn Dogs<br>Baked Beans<br>Sliced Carrots  | 21<br>Orange Chicken<br>over Rice<br>Broccoli<br>Fortune Cookie<br>WG Roll | 22<br>THANKSGIVING<br>BREAK STARTS<br> | 23  | 24  | Apples                             |
| 27<br>Popcorn Chicken<br>Baked Beans<br>Corn   | 28<br>Walking Taco's<br>Refried Beans                                      | 29<br>Bosco's<br>Green beans<br>French Fries   | 30<br>Chicken Patty on<br>a WG Bun<br>Baked Beans<br>Corn | 1<br>Pizza<br>Romaine Salad<br>French Fries<br>    | Apples<br>Oranges<br>Grapes        |
| 4<br>Chicken Quesadilla<br>Mexican Rice<br>Romaine Salad   | 5<br>BBQ Riblet<br>Sandwich<br>On a WG Bun<br>Baked Beans                  | 6<br>Mini Pancakes<br>String Cheese<br>Go gurts  | 7<br>Walking Taco's<br>Refried Beans                      | 8<br>Pizza<br>Romaine Salad<br>French Fries   | Apples<br>Banana's<br>Strawberries |
| 11<br>Mini Corn Dogs<br>Baked Beans<br>Sliced Carrots<br> | 12<br>French Bread Pizza<br>Romaine Salad                                  | 13<br>Orange Chicken<br>over Rice<br>Broccoli<br>Fortune Cookie<br>WG Roll   | 14<br>Chicken Nuggets<br>Mashed Potatoes<br>Broccoli      | 15<br>Pizza<br>Romaine Salad<br>French Fries<br> | Apples<br>Grapes<br>Or             |
| 18<br>Popcorn Chicken<br>Baked Beans<br>Corn   | 19<br>Mini Pancakes<br>Go-gurts<br>String Cheese                           | 20<br>Bosco's<br>Green beans<br>French Fries   | 21<br>Chicken Patty on<br>a WG Bun<br>Baked Beans<br>Corn | 22<br>Pizza<br>Romaine Salad<br>French Fries  | Apples<br>Strawberries<br>Peaches  |

Schools must offer students a 5-componet meal which includes: Milk, Fruit, Vegetables, Whole Grains and Meat/Meat alternative. Your Student must choose a minimum of 3 components to be considered a meal, one of which must be a FRUIT OR VEGETABLE.

Veggie Bar . **The Veggie Bar** will include but not limited to Baby Carrots, Celery, Cucumbers, Romaine lettuce, Tomatoes.

Fresh Fruit . **The Fruit Bar** will include fresh in season fruits including Apples, Oranges, Pears, Banana's, (When available). Occasionally due to circumstances we will offer canned fruit such as Pineapple, Mandarin Orange slices etc.

Every meal includes 1% White Milk or Fat Free Chocolate Milk   
All breads are Whole Grain.

**Second Choices** we offer Yogurt or Peanut Butter and Jelly Bags as a second choice again this year

Kitchen Contact information.

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810-535-8448

**"USDA is an equal opportunity**

HOLIDAY BREAK STARTS DECEMBER 25-JANUARY 5. Have a safe and happy break!! See you in 2018