




November Lunch Menu 2018

Avalon Elementary School



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken & Cheese Burrito Refried Beans Fresh Banana Salsa Choice of Milk	2 Half Day Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers Fresh Orange Wedges FF Ranch Choice of Milk
5 Popcorn Chicken w/Dinner Roll Mashed Potatoes Fruit Cocktail Ketchup Choice of Milk	6 Spaghetti w/Meat Sauce Fresh Sliced Cucumbers Fresh Cantaloupe Wedge Choice of Milk	7 Teriyaki Chicken w/Rice Fresh Baby Carrots Pineapple Chunks Fortune Cookie Choice of Milk	8 BBQ Chicken Sandwich w/Bun BBQ Baked Beans 100% Fruit Juice Choice of Milk	9 Half Day Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers Fresh Apple Wedges FF Ranch Choice of Milk
12 Beef Hot Dog w/Bun Three Bean Chili Diced Pears Ketchup & Mustard Choice of Milk	13 Maple French Toast Sticks Fresh Baby Carrots Fresh Orange Wedges Choice of Milk	14 Cheese Nachos Tortilla Chips Fresh Celery Sticks Fresh Apple Wedges Choice of Milk	15 Chicken Sandwich w/Bun Sweet Corn Fresh Banana Ketchup Choice of Milk	16 Half Day Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers Pineapple Chunks FF Ranch Choice of Milk
19 Roasted Turkey & Gravy Mashed Potatoes Diced Peaches Dinner Roll Choice of Milk	20 Turkey & Cheese Sandwich Celery Sticks Whole Apple Mayo & Mustard Choice of Milk	21 Holiday No School	22 Holiday No School	23 Holiday No School
26 Kickin Chicken Drumstick Sweet Corn Applesauce Dinner Roll Choice of Milk	27 Cheeseburger w/ Bun Celery Sticks Fresh Banana Choice of Milk	28 Pepperoni Pizza Sticks 3 Bean Salad 100% Fruit Juice Marinara Sauce Choice of Milk	29 Homemade Macaroni & Cheese Fresh Baby Carrots Fresh Pear Choice of Milk	30 Half Day Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers Fresh Apple Wedges Choice of Milk

Drinking Water is made available to youth at all times at drinking fountains located in this facility
 *Fresh Fruits & Vegetable selections subject to change based on quality, seasonality, and availability.
 **Fresh Salad & Veggie Bar serves FF Ranch Dressing
 ***All meals are served with 1% White Milk or Skim Chocolate Milk
 This Institution is an equal opportunity provider