

# Coweta Schools

## November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 2  Chicken Nuggets w/Di Parker House Roll Mashed Potatoes Baby Lima Beans Ketchup Fruit Choice Jello Milk or Country Fried Steak	Nov - 3  Crispy Fish Sandwich Tartar Sauce or Cheeseburger Ketchup Mustard pk. French Fries English Peas Pasta Salad Dill Pickle Spear Apple Crisp Milk	Nov - 4  Taco Sour Cream ind. pk. Shredded Mozzarella Chesse or Corn Dog Lettuce & Tomato Refried Beans Corn Niblets Chilled Fruit Choice Mustard pk. Ketchup Iced Cake Milk	Nov - 5  Country Fried Steak or Roast Beef Buttered Rice Brown Gravy Field Peas Pear Salad Roll Fruit Choice Milk	Nov - 6  Bar-B-Que Chicken Bar B Q Sauce or Ham Slice Macaroni & Cheese Corn on the Cob Green Beans Cornbread Fruit Juice Choice Fresh Fruit Milk
Nov - 9  Sloppy Joe on Bun or Chicken Salad w/Crack Potato Rounds Carrot Strips w/ Dip Applesauce Pudding Pop Milk	Nov - 10  Hamburger or Burrito French Fries Lettuce & Tomato Glazed Carrots Chilled Fruit Choice P'nut Butter Grahams Milk Ketchup Mustard pk. Sour Cream ind. pk.	Nov - 11  Fish Sticks Ketchup Tartar Sauce or Mac & Cheese w/Ham Blackeyed Peas Carrot Strips w/ Dip Cornbread Fruit Choice Fruit Juice Choice Milk	Nov - 12  Turkey & Dressing or Ham Slice Green Beans & Diced Potatoes Glazed Sweet Potatooe Calico Fruit Cranberry Sauce Roll Milk	Nov - 13  Meat Loaf Ketchup or PBJ Uncrustable Trix Yogurt Mashed Potatoes English Peas Fruit Juice Choice Fruit Choice Applesauce Cake Milk
Nov - 16  Spaghetti w/Meat Sauc or Grilled Chicken Nugget Tossed Salad Green Beans & Diced Potatoes Garlic Cheddar Biscuit Fruit Choice Milk	Nov - 17  Chicken Sandwich or Steak Sandwich Potato Rounds Field Peas Cowboy Cookies Mustard pk. Mayonnaise packet Ketchup Chilled Fruit Choice Milk	Nov - 18  "Breakfast for Lunch" Scrambled Eggs Cereal Buttery Grits Pancake Pup Fruit Choice Fruit Juice Choice Cinnamon Roll Milk Syrup	Nov - 19  Chili with Crackers or Rib-B-Que Sandwich Baked Potato Carrot Sticks Fruit Choice Milk	Nov - 20  Chicken Pot Pie Roll or Hot Ham 'n Cheese Mustard pk. Mayonnaise packet Mashed Potatoes Green Beans Fruit Choice Milk Iced Cake Fruit Juice Choice
Nov - 23  HOLIDAY	Nov - 24  HOLIDAY	Nov - 25  HOLIDAY	Nov - 26  HOLIDAY	Nov - 27  HOLIDAY
Nov - 30  Pizza or Tuna Salad Sandwich Tossed Salad Green Beans Fruit Choice Chocolate Pudding Milk				

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**