

# November 2020

Type Your School Name Here

## LUNCH



Fleming School (Menu is subject to change)  
Whole grain, salad, hot veggie, fruit and milk  
offered daily.  
This institution is an equal opportunity provider.



**Nutrition Tip:** Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

### Monday

2

Breakfast For Lunch

ALT: Pizza Roll-up

9

16

Thanksgiving  
Dinner

30

### Tuesday

3

Cheese Ravioli  
w/Marinara & Garlic  
Bread

ALT: Uncrustable

10

Beef & Bean Burrito  
Seasoned Black Beans

ALT: Cheese Quesadilla

17

French Dip Sub  
Seasoned Peppers & Onions

ALT: Egg Rolls

24

Cooks Choice

### Wednesday

4

Asian Chicken w/Sauces  
Brown Rice  
Broccoli

ALT: Turkey & Cheese Wrap

11

Hot Meat & Cheese Bagel  
Seasoned Veggies  
ALT: PBI Roll-up

18

Beef & Bean Nachos  
Spanish Rice

ALT: Chicken Quesadilla

25

Thanksgiving Break

### Thursday

5

Meatball Sub  
Sweet Potato Fries

ALT: BLT

12

Beef Hot Dog  
Baked Beans  
Chips

ALT: Breaded Pork Sandwich

19

Cheese Burger on Bun  
Macaroni Veggie Salad

ALT: Uncrustable

26

Thanksgiving Break

### Friday

6

Pepperoni Pizza  
Green Beans

ALT: Egg Salad Sandwich

13

No School

20

Pizza Variety  
Seasoned Carrots

ALT: Tuna Sandwich

27

Thanksgiving Break

