

# November 2017

## Lisbon Grade School

### LUNCH



**Choice of Low Fat White, Fat Free White or Fat Free Chocolate Milk served daily.**  
**Fruit Juice and Desserts served on occasion.**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

Pretzels w/ Cheese  
Green Beans  
Fruit  
Rice Krispy Treat

6

Beef Chili  
Sour Cream/Cheese  
Corn Bread  
Peas  
Fruit

7

Chicken Patty . Bun  
Baked Beans  
Fruit  
Fruit Snacks

8

Spaghetti w/ Marinara  
String Cheese  
Texas Toast  
Lettuce Salad/Dressing  
Fruit

9

Beef Tacos  
Nacho Chips  
Salsa/Sour Cream  
Carrots  
Fruit

10

Meatball w/ Gravy  
Mashed Potatoes  
Fruit  
Cupcakes

13

Sausage, Egg &  
Cheese Biscuit  
Raw Carrots & Ranch  
Fruit  
Gogurt

14

BBQ . Bun  
Caesar Salad  
Fruit  
Jell-O Cup

15

Pork Riblet . Bun  
Green Beans  
Fruit  
Brownie

16

Mini Corn Dogs  
Nacho Chips & Cheese  
Baked Beans  
Fruit

17

Chicken Nuggets  
Caesar Salad  
Fruit  
Pudding Cup

20

Turkey Medallions  
Mashed Potatoes/Gravy  
Green Beans  
Frozen Fruit Cups  
Rice Krispy Treat

21

Hot Dog . Bun  
Carrots  
Fruit  
Cookie

22

No  
School

23

No  
School

24

Salisbury Steak  
Mashed Potatoes/Gravy  
Carrots  
Fruit  
Cookie

27

French Toast Sticks  
Hash Browns  
Fruit  
Cheese Stick  
Orange Juice

28

Corn Dogs  
Baked Beans  
Fruit  
Brownie

29

Hamburger or  
Cheeseburger . Bun  
Lettuce Salad/Dressing  
Fruit

30

