

November 2018

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

5
Meatball Sandwich
w/ Marinara Sauce
Green Beans
Cheese Stick, Fruit

6
Hot Dog on a Bun
Corn
Fruit
Yogurt

7
Hot Ham & Cheese on a Bun
Raw Carrots & Ranch
Fruit
Cookie

1
Corn Dog
Tator Tots
Fruit
Rice Krispy Treat

2
Beef Tacos
Cheese/Sour Cream
Nacho Chips/Salsa
Carrots, Fruit

12
French Toast Sticks
Sausage Patty
Tator Tots
Fruit, Orange Juice

13
Pork Riblet on a Bun
Baked Beans
Fruit
Teddy Grahams

14
Spaghetti w/ Meat Sauce
Green Beans
Fruit
Cookie

8
Chicken Caesar Salad
Fruit
Fig Newton
Gogurt

9
BBQ on a Bun
Baked Beans
Fruit
Granola Bar

19
Turkey
Mashed Potatoes & Gravy
Green Beans
Fruit, Rice Krispy Treat

20
Cheese Stuffed Breadstick
w/ Marinara Sauce
Corn
Fruit, Brownie

21
Chicken Nuggets
Caesar Salad
Fruit
Fruit Snacks

15
Soft Shell Chicken Taco
Lettuce Salad & Dressing
Fruit
Granola Bar

16
Hamburger or
Cheeseburger on a Bun
Peas, Fruit
Pudding or Jell-O Cup

26
Chicken Patty on a Bun
Carrots
Fruit
Cookie

27
Pretzel w/ Cheese Sauce
Peas
Fruit
Fruit Snacks

28
Salisbury Steak
Mashed Potatoes & Gravy
Fruit
Rice Krispy Treat

22
No
School

23
No
School

29
Mini Corn Dogs
Nacho Chips & Cheese
Baked Beans
Fruit

30
Beef Chili
Lettuce Salad & Dressing
Fruit, Cheese Stick
Oyster Crackers