

# Menus

School: Livingston County R-3

Academic Year: 2018-19

Meal: All

Month: November 2018

November				
M	Tu	W	Th	F
29 <b>Breakfast:</b> Whole grain pancakes, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	30 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Whole grain fish wedges, au gratin potatoes, peas, whole wheat bread & butter, fruit, milk	31 <b>Breakfast:</b> Breakfast pizza, fruit, juice, milk <b>Lunch:</b> Hamburger patty on whole wheat bun, potato wedges, baked beans, sherbet, milk	1 <b>Breakfast:</b> Whole grain biscuit, sausage patty, fruit, juice, milk <b>Lunch:</b> Lasagna rollup, tossed Romaine lettuce w/low-fat Ranch, whole kernel corn, whole wheat bread stick, fruit, milk	2 <b>Breakfast:</b> Whole grain Pop Tart, Go-Gurt, fruit, juice, milk <b>Lunch:</b> Turkey slice, mashed potatoes & gravy, carrots, whole wheat bread & butter, fruit, milk
5 <b>Breakfast:</b> Whole grain French toast, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Tomato soup, grilled cheese, celery sticks, whole grain crackers, fruit, milk	6 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Grilled chicken patty, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	7 <b>Breakfast:</b> Whole grain biscuit, sausage gravy, fruit, juice, milk <b>Lunch:</b> Spaghetti w/meat sauce, tossed Romaine salad w/low-fat Ranch, green beans, whole wheat breadstick, fruit, milk	8 <b>Breakfast:</b> Scrambled eggs, whole wheat toast, fruit, juice, milk <b>Lunch:</b> BBQ Pork Ribette, au gratin potatoes, peas, whole wheat bread & butter, fruit, milk	9 <b>Breakfast:</b> Breakfast bites, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Walking tacos w/shredded cheese, shredded lettuce, refried beans, fruit, milk
12 <b>Breakfast:</b> Whole grain pancakes, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Whole grain chicken nuggets, mashed potatoes, carrots, fruit, milk	13 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Pepperoni pizza, tossed Romaine salad w/low-fat Ranch, whole kernel corn, fruit, milk	14 <b>Breakfast:</b> Breakfast burrito, fruit, juice, milk <b>Lunch:</b> Chilli, cinnamon roll, celery sticks, whole grain crackers, fruit, milk	15 <b>Breakfast:</b> Whole grain waffles, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Whole grain fish wedge, au gratin potatoes, broccoli, whole wheat bread & butter, fruit, milk	16 <b>Breakfast:</b> Whole grain biscuit, sausage patty, fruit, juice, milk <b>Lunch:</b> BBQ shredded pork on whole wheat bun, potato wedges, green beans, fruit, milk
19 <b>Breakfast:</b> Whole grain French toast, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Chicken noodle soup, PBJ jamwich, baby carrots, celery sticks, whole grain crackers, fruit, milk	20 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Turkey slice, potatoes & gravy, green beans, hot roll, fruit, milk	21	22	23
26 <b>Breakfast:</b> Whole grain waffles, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Whole grain chicken patty, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	27 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Hamburger patty on whole wheat bun, potato wedges, whole kernel corn, fruit, milk	28 <b>Breakfast:</b> Breakfast burrito, fruit, juice, milk <b>Lunch:</b> BBQ Pork Ribette, au gratin potatoes, green beans, whole wheat bread & butter, fruit, milk	29 <b>Breakfast:</b> Whole grain biscuit, sausage patty, fruit, juice, milk <b>Lunch:</b> Corn dog, mashed potatoes, carrots, fruit, milk	30 <b>Breakfast:</b> Breakfast bites, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Taco soup, corn chips, celery sticks, fruit, milk

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