













# ADAIR COUNTY SCHOOLS



## NOVEMBER 2018 MENU FOR ACES & ACPC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 PB & J Uncrustable or Little Caesar's Pizza Garden Salad Corn Mini Rice Krispie Treat Fruit Options  <b>BREAKFAST</b> Sausage & Biscuit	6 Grilled Cheese Sandwich or Hot Ham & Cheese on Croissant Baked Potato Chips Broccoli & Cauliflower w/Dip Cookie Fruit Options   <b>BREAKFAST</b> Chocolate Crescent	7 Fish Nuggets or Chicken Strips Creamed Potatoes Green Beans Whole Grain Roll Fruit Options  <b>BREAKFAST</b> Breakfast Tornado	8 Cheeseburger on Bun or Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options   <b>BREAKFAST</b> Chocolate or White Donuts	9 Hot Dog on Bun or Cheese Stuffed Breadstick Bites Garden Salad Corn Orange Push-up Fruit Options   <b>BREAKFAST</b> Chicken & Biscuit
12 NO SCHOOL!  PARENT/TEACHER CONFERENCE	13 Popcorn Chicken or Chili Crisпитos Queso Dip w/Chips Refried Beans Cookie Fruit Options   <b>BREAKFAST</b> French Toast Sticks w/Syrup	14 Hot Dog on Bun or Chicken Chunks w/Dipping Sauce French Fries Broccoli & Cheese Sauce Fruit Options  <b>BREAKFAST</b> Donut Holes	15 Baked Ham or Turkey w/Gravy Dressing Creamed Potatoes Green Beans Whole Grain Roll Pumpkin Pie Fruit Options  <b>BREAKFAST</b> Whole Grain Muffin	16 Pizza Calzone or Big Daddy Cheese Pizza Garden Salad Corn Fudge Bar Fruit Options   <b>BREAKFAST</b> Gravy & Biscuit
19 Turkey & Cheese Sub or Chili Cheese Coney French Fries Baked Beans Jonny Fruit Pop Fruit Options  <b>BREAKFAST</b> Sausage & Biscuit	20 Burrito or Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Corn Fruit Options   <b>BREAKFAST</b> Yogurt Bar	21 NO SCHOOL! THANKSGIVING  BREAK	22 NO SCHOOL!   THANKSGIVING  BREAK	23 NO SCHOOL! THANKSGIVING  BREAK
26 PB & J Uncrustable or Little Caesar's Pizza Garden Salad Corn Mini Rice Krispie Treat Fruit Options  <b>BREAKFAST</b> Sausage & Biscuit	27 Grilled Cheese Sandwich or Hot Ham & Cheese on Croissant Baked Potato Chips Broccoli & Cauliflower w/Dip Cookie Fruit Options   <b>BREAKFAST</b> Whole Grain Muffin	28 Fish Nuggets or Chicken Strips Creamed Potatoes Green Beans WG Roll Fruit Options   <b>BREAKFAST</b> Breakfast Tornado	29 Cheeseburger on Bun or Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options  <b>BREAKFAST</b> Chocolate or White Donuts	30 Hot Dog on Bun or Turkey & Cheese Sub Baked Potato Chips Carrots w/Dip Orange Push-up Fruit Options   <b>BREAKFAST</b> Chicken & Biscuit

### NEWS

Choice of Low-Fat White Milk and Fat Free Flavored Milk offered daily at Breakfast and Lunch

Juice and Fruit Choices offered daily at Breakfast

Variety of General Mills and Kellogg's Cereals offered daily at Breakfast

Toast offered daily at Breakfast

Fresh Fruit offered daily

Salads are offered daily

Menu items are subject to change due to circumstances beyond our control.

Some items served contain peanuts. Substitutions can be made for students with special dietary needs per doctor's orders.



### FLAVORFUL SIDES WITH EVERY MEAL:

Lunch includes a choice of 5 components: Meat/Meat Alternate, Bread/Grain, Fruit, Vegetable, and Skim, 1% White Fat Free Flavored Milk. Students may take 5, 4 or 3, which must include 1 fruit or vegetable serving.