















# ADAIR COUNTY SCHOOLS



## NOVEMBER 2018 MENU FOR ACHS & ACMS

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

### 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

Hamburger Line 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.