

# School Lunch November 2012

Contributed by Administrator  
Monday, 05 November 2012

Lexington City Schools Cafeterias

2012 November

Meal

1-Nov  
2-Nov

Breakfast

Yogurts & Muffins  
Breakfast Pizza

Lunch

Teriyaki Chicken w/  
Hamburger

Whole Grain Noodles or  
Chicken Salad Sandwich

Grilled Cheese Sandwich  
Lettuce/ Tomato/ Pickles

Steamed Vegetables  
Krinkle Cut Fries

Baked Squash  
Orange Wedges

Fruit Cup

Chef Salad  
Fire House Special

Choice of Milk  
Choice of Milk

Meal  
5-Nov  
6-Nov  
7-Nov  
8-Nov  
9-Nov

Breakfast  
Sausage & Biscuit / Juice  
Breakfast Bites/ Juice  
Chicken & Biscuit / Juice  
French Toast / Juice  
Breakfast Pizza

Lunch  
Chicken Nuggets  
Pepperoni Pizza  
Beef Fingers or  
Corn Dogs or  
Chicken Noodle or

Hamburger Steak w/ Gravy  
Tuna Salad Sandwich  
Grilled Chicken Patty  
Grilled Cheese Sandwich  
Fish

English Peas

Fresh Tossed Salad  
Purple Hull Peas  
Fresh Veggies  
Mstard Greens

Creamed Potatoes  
Baked Vegetable Sticks  
Corn Cobette  
w/ Dip  
White Beans

Diced Peaches  
Dressing Cup  
Pears  
Sweet Potato Fries  
Mixed Fruit Cup

Whole Roll  
Apple Wedges  
Whole Grain Bread Stick  
Orange Wedges  
Hushpuppies

Chef Salad  
Sante Fe Salad  
Chef Salad  
Chef Salad  
Chef Salad

Choice of Milk  
Choice of Milk  
Choice of Milk  
Choice of Milk  
Choice of Milk

Meal  
12-Nov  
13-Nov  
14-Nov  
15-Nov  
16-Nov

Breakfast  
Sausage & Biscuit / Juice  
Yogurt/ Cereal Bar/ Juice  
Chicken & Biscuit / Juice  
Waffles / Juice  
Breakfast Pizza

Lunch  
Grilled Chicken Patty w/  
Turkey & Dressing or

Hamburger or  
Chicken Quesadilla  
Chicken Vegetable Soup

Whole Grain Roll or  
Baked Ham  
Hot Dog  
w/ Salsa Cups  
Choice of Sandwich

Sweet & Sour Chicken w/  
Steamed Green Beans  
Lettuce/Tomato/Pickle  
Turkey Deli Sandwich  
Dill Pickle Spear

Whole Grain Rice  
Sweet Potato Casserole  
Baked Beans  
Lettuce/ Tomato/Cheese  
Carrot Sticks

Stir Fry Vegetables  
Cranberry Sauce  
Crisp Cole Slaw  
Potato Fries  
Fruit Cups

Whole Kernel Corn  
Banana Pudding  
Peach Cups  
Pineapple Tidbits  
Whole Grain Crackers

Orange Wedges  
Whole Grain Rolls

Hoppin' & Poppin' Special  
Chef Salad  
Chef Salad  
Potato Boat w/ Salad  
Chef Salad

Choice of Milk  
Choice of Milk  
Choice of Milk

Choice of Milk  
Choice of Milk

Meal  
19-Nov  
20-Nov  
21-Nov  
22-Nov  
23-Nov

Breakfast  
Sausage & Biscuit / Juice  
Pancakes / Juice

Lunch  
Cheeseburger or  
Spaghetti w/ Meat Sauce

Tuna Salad Sandwich  
or Baked Ham w/

Lettuce/ Pickles/Tomato  
Whole Grain Roll  
NO  
NO  
NO

Krinkle Kut Fries  
Lima Beans  
SCHOOL  
SCHOOL  
SCHOOL

Baked Beans  
Broccoli Salad

Pineapple Tidbits  
Applesauce

Chef Salad  
Chef Salad

Choice of Milk  
Choice of Milk

Meal  
26-Nov  
27-Nov  
28-Nov  
29-Nov  
1-Dec

Breakfast  
Sausage & Biscuit / Juice  
Oatmeal / Juice  
Chicken & Biscuit / Juice  
French Toast / Juice  
Breakfast Pizza

Lunch  
Chicken Nuggets  
Pepperoni Pizza  
Beef Fingers or  
Corn Dogs or  
Chicken Noodle or

Hamburger Steak w/ Gravy  
Tuna Salad Sandwich  
Grilled Chicken Patty  
Grilled Cheese Sandwich  
Fish

English Peas  
Fresh Tossed Salad  
Purple Hull Peas  
Fresh Veggies  
Msutard Greens

Creamed Potatoes  
Baked Vegetable Sticks  
Corn Cobette  
w/ Dip  
White Beans

Diced Peaches  
Dressing Cup  
Pears  
Sweet Potato Fries  
Mixed Fruit Cup

Whole Roll  
Apple Wedges  
Whole Grain Bread Stick  
Orange Wedges  
Hushpuppies

Chef Salad  
Chicken Salad  
Chef Salad  
Chef Salad  
Chef Salad

Choice of Milk  
Choice of Milk  
Choice of Milk  
Choice of Milk  
Choice of Milk

Cereal/Cereal Bars or Yogurt & Fruit will be offered daily as an alternative breakfast choice.

Chef Salad or Specialty Salads will be offered daily as an alternative lunch choice for grades 3-8.

2oz meat/meat alternate

Minimum 3/4 cup serving of vegetable/fruit

1-2 Bread Servings (Minimum of 8 per week)

1 cup Milk (Choice of 1/2 pt. 1% White Milk or 1/2 pt. 1% Chocolate Milk)

"This institution is a an equal opportunity provider."