



November Elementary Lunch



Students must take 3 of the 5 items offered and a minimum of a half cup of fruit and/or vegetable.

All meals are served with 1% white milk or non-fat chocolate milk.

- Contains:
- Beef (B)
 - Chicken (C)
 - Pork (P)
 - Turkey (T)
 - Fish (F)

Monday	Tuesday	Wednesday	Thursday	Friday
	¹ Hamburger on a Bun (B) Yogurt, Muffin & String Cheese	² Chicken Tamales (C) Pepperoni Pizza (T)	³ Beef Teriyaki Slam Dunkers (B) with rice Grilled Cheese & Turkey Bacon (T) Sandwich	⁴ SUPER MINIMUM DAY Deli Sandwich (T)
⁷ Mini Cheeseburgers (B) Cheese Quesadilla	⁸ Chicken Nuggets (C) with Crackers Cheese Calzone	⁹ Chicken Double Dog (C) Three Bean Chili with Corn Bread	¹⁰ Teriyaki Chicken (C) over rice Jalapeno Mozzarella Bites	¹¹ NO SCHOOL VETERANS' DAY <small>HONORING OUR VETERANS</small>
¹⁴ Chicken Strips with Crackers (C) Cheese Pizza	¹⁵ Chicken Eggroll (C) with Fried Rice Beef Lasagna (B)	¹⁶ Popcorn Chicken (C) Cheesy Bread Pull-Aparts	¹⁷ Mini Corndogs (C) Turkey (T) with Mashed Potatoes and Gravy	¹⁸ Fish Sticks (F) Breaded Mozzarella Cheese Sticks
²¹	²²	²³	²⁴	²⁵
<i>Thanksgiving Break: November 21-25</i>				
²⁸ Chicken Drumstick (C) with Waffle Bean & Cheese Burrito	²⁹ Hamburger on a Bun (B) Yogurt, Muffin & String Cheese	³⁰ Chicken Tamales (C) Pepperoni Pizza (T) <i>Big Spoon Fruit Sorbet</i>		

Menu Subject to Change Based on Product Availability

One lunch is NO COST for all students

Lunch includes an entrée, one trip to the garden bar and milk

Birthday cups at the end of the month!

PLEASE NOTE: FCUSD Food Services requests that eligible families complete a school meals application on-line. Please visit the Food Services Dept web-site via the FCUSD home page for the on-line application, federal income eligibility guidelines, application instructions and Frequently Asked Questions: www.fcusd.org (On the FCUSD home page, click on Meals & Nutrition)