



November Elementary Lunch







Students must take 3 of the 5 components 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.

Key Code:

Beef (B)
Chicken (C)
Fish (F)
Halal (H)
Pork (P)
Turkey (T)

Monday	Tuesday	Wednesday	Thursday	Friday
Offered Daily: Bean & Cheese Dip with Tortilla Chips				
3 Turkey & Gravy (T) with Mashed Potatoes Cheese Pizza	4 Fish Sticks (F) with Potatoes Three Bean Chili with Corn Bread	5 Beef and Cheese Taco (B) Bean & Veggie Taco	6 Hawaiian Mango Meatball Bowl (C) with Rice Grilled Cheese Sandwich	7 Mini Cheeseburgers (B) Bean & Cheese Burrito
10 Pepperoni Pizza (B,T) Cheese Enchilada	11 NO SCHOOL 	12 Hamburger (B) on a Bun Peach Pie Parfait	13 Teriyaki Beef Dunkers (B) with Fried Rice Bean & Cheese Pupusa	14 Pretzel Dog (C, H) Mozzarella Bites with Marinara Dipping Cup
17 Turkey & Gravy (T) with Mashed Potatoes Cheese Pizza	18 Fish Sticks (F) with Potatoes Three Bean Chili with Corn Bread	19 Korean BBQ Bowl with Rice (B) Bean & Veggie Taco	20 Butter Chicken (C) with Rice and Samosa Grilled Cheese Sandwich	21 Mini Cheeseburgers (B) Bean & Cheese Burrito
24	25	26	27	28
Thanksgiving Break: November 24 - 28				

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

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

This institution is an equal opportunity provider.
FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT