

November 2018

Edwards County High School

LUNCH



School Information: This Institution is an equal opportunity provider.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



Walking Taco
Lettuce, Cheese & Salsa
Refried beans
Corn
Mandarin Oranges
Chocolate cake & Milk

5

Ham & Cheese on Bun
Tri-taters
Carrots
Spicy Apples
Juice
Milk

6

Chicken on Bun
Garden Salad
Peas
Sidekick
Juice
Milk

7

Taco Soup
Tostito Scoops
Carrot Sticks w/ dip
Strawberry Cup
Pumpkin Bar
Yogurt, Milk & Juice

1

Chicken Nuggets
Mac & Cheese
Baked Beans
Sunbelievable Sidekick
Pears
Snickerdoodle & Milk

2

Mini Corn Dogs
Green Beans
Assorted Vegetable Punch
Peaches
Milk

8

Chicken Caesar Wrap
Lettuce & Tomato
Spicy Pinto Beans
Rosy Applesauce
Cookie
Milk

9

No School

12

Cheese Bites
Marinara Sauce
Garden Salad
Applesauce
Milk

13

Chicken Fryz
French Fries
Broccoli & Cauliflower w/ dip
Mandarin oranges
Cheez-its
Milk

14

Chili w/ Crackers
Cheese Stick
Carrots
Cinnamon Roll
Raisins
Juice & Milk

15

No School

16

Grilled Cheese Sandwich
Tri-taters
Green Beans
Pumpkin pudding
Cinnamon Applesauce Cup
Juice & Milk

19

Chicken & Noodles
Mashed Potatoes
Veggie Blend
Roll - Jelly
Whole Fruit Cup
Juice & Milk

20

No School

21

No School

22

No School

24

Chicken Nachos
Salsa
Steamed Broccoli
Assorted Vegetable Punch
Mandarin Oranges
Cookie & Milk

26

Deli Sub
Lettuce & Pickle
Green Beans
Pineapple
Rice Crispy Treat
Milk

27

Tater Tot Casserole
Garden Salad
Peas
Roll - Jelly
Peaches
Juice & Milk

28

B.B.Q Chicken on Bun
Baked Beans
Coleslaw
Sorbet
Juice
Milk

29

Pizza Garden
Garden Salad
Carrots
Applesauce
Milk

30