

November

Vandalia High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			Chs.Omelet/Toast,Juice,Blueberries,Milk 1	French Toast,Juice,Applesauce Cup,Milk 2
			Chili or Cream of Potato Soup Peanut Butter Sandwich Tossed Salad Carrot & Celery Sticks Applesauce Milk	Cheeseburger on Bun Chicken Salad on Croissant Sliced Tomato, Lettuce & Onion Tossed Salad Fruit Salad Milk
Poptart/Cereal, Juice, Apple, Milk 5	Pancakes, Juice, Orange, Milk 6	Cereal/Toast, Juice, Banana, Milk 7	PB&J Sandwich, Juice, Blueberries, Milk 8	Saus.Biscuit,Juice,Applesauce Cup,Milk 9
Ham & Cheese Sub or Chicken Tenders / Sliced Bread Roasted Red Potatoes Tossed Salad Cherry Tomatoes Strawberry Cup / Milk	Corn Dog or Burrito Potato Rounds Spinach Salad Baked Beans Fruit Mix Milk	Pizza Hut Pizza or Beef Stew Combination Salad Corn Sliced Pears Double Chocolate Oatmeal Bar Sliced Bread / Milk	Roast Turkey & Dressing or Baked Ham Mashed Potatoes / Green Beans Pumpkin Pie / Whipped Topping Cranberry Salad / Sliced Peaches Dinner Roll / Milk	NO LUNCH EARLY DISMISSAL VETERAN'S DAY SUNDAY Thank and Honor a Veteran! We should appreciate all the sacrifices they have made for our freedom!
Mini Donuts/Cereal, Juice, Apple, Milk 12	Waffles, Juice, Orange, Milk 13	Cereal/Toast, Juice, Banana, Milk 14	Saus.Gravy/Biscuit,Juice,Grapes,Milk 15	Flapstix, Juice, Applesauce Cup, Milk 16
Chicken Tenders or Beef Roast Mashed Potatoes Green Beans Tossed Salad Peach Half Sliced Bread / Milk	Cheeseburger or Fish Fillet on Bun Oven Fries Sliced Tomato, Lettuce, & Onion Tossed Salad Red Pepper Strips Mandarin Oranges / Milk	Nachos Supreme or Chicken Fajita Corn / Lettuce / Tomatoes / Salsa Cheese/Refried Beans/Jal.Peppers Pineapple Tidbits Orange Sherbert Milk	Pulled Pork or Italian Beef on Bun Seasoned Potato Wedges Catalina Style Vegetables Tossed Salad Sliced Pears Milk	Boneless Chicken Wings or Meatballs Macaroni & Cheese / Tossed Salad Fresh Carrots, Broccoli, Cauliflower / Dip Fruit Salad / Muffin Sliced Bread / Milk
Muffin/Cereal, Juice, Apple, Milk 19	Breakfast Burrito, Juice, Orange, Milk 20			
Roast Pork Loin or Chick. Tenders Baby Baked Potatoes Green Beans Tossed Salad Mandarin Oranges Sliced Bread / Milk	Hot Dog or Bratwurst on Bun Nachos w/Cheese Baked Beans Tossed Salad Mixed Fruit Milk	NO SCHOOL THANKSGIVING BREAK	 *Let us give thanks for our families and our country!	NO SCHOOL THANKSGIVING BREAK
Poptart/Cereal, Juice, Apple, Milk 26	Pancakes, Juice, Orange, Milk 27	Cereal/Toast, Juice, Banana, Milk 28	Sausage Biscuit,Juice,Grapes,Milk 29	Cereal/Toast,Juice,Applesauce,Milk 30
Chicken Tenders or Pork Tenderloin Mashed Potatoes Green Beans Tossed Salad Fruit Salad Sliced Bread / Milk	Cheeseburger or Deli Turkey Breast on Bun / Oven Fries Sliced Tomato, Lettuce, & Onion Tossed Salad Fresh Broccoli Florets Sliced Peaches / Milk	Taco in a Bag or Burrito Corn / Lettuce / Tomatoes / Salsa Refried Beans / Cheese Pineapple Tidbits Cinnamon Crisps Milk	Brd.Chicken Patty or Manwich on Bun Potato Rounds Sliced Tomato & Lettuce Tossed Salad / Red Pepper Strips Orange Wedges Go Gurt / Milk	Mostaccioli w/Meat Sauce or Cheese Tortellini Caesar Salad Seasoned Peas Pear Half Cheese Breadstick / Milk