



November

CLARION-GOLDFIELD-DOWS Schools ~ LUNCH Menus

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of... NOVEMBER 1 - 4		Hamburger w/ Bun Cheese Slice Bkd French Fries Fresh Tomato/Cucumber Slices Applesauce	PK-3 Chicken Fries/4-12 Mand Orange Chicken Whipped Potatoes/Stirfry Veggies/Garden Blend Rice Pineapple Tidbits Cookie	Gilardo Max Cheese pizza stix Zesty Marinara Sauce Broccoli Florets/dip Crunchy Baby Carrots Diced Peaches Fruit Slushie	Chili Crispito Lettuce/Cheese Diced Tomato/Salsa Savory Black Beans Seasoned Rice Crisp Apple Wedges
Week of... NOVEMBER 7 - 11	Crispy Chicken Patty/Bun Seasoned Corn Fresh Tomato Slices Broccoli Florets/dip Diced Pears 9-12 Coleslaw	PK-5 Softshell Taco 6-12 Taco Bar Beef /Chicken Lettuce/ Cheese Diced Tomatoes/Salsa Hearty Refried Beans Pineapple Tidbits WG Cookie	K-5 Mac & Cheese 6-12 Pasta Bar(meat,cheese alfredo sauce) Season Green Beans, Carrots Brocc. Florets Crisp Apple Wedges Fresh Bkd. Dinner Roll	Breaded Chicken Nugget Whipped Potatoes Crisp Radishes Crunchy Baby Carrots Mixed Fruit Fresh Bkd Cinn Breadstix	PK-8 Tony's Pepperoni Pizza 9-12 Big Dad'sPepp pizza Seasoned Garbanzo Beans Capri Blend Veg/Pepper strips Strawberries/Bananas Pudding Cup
Week of... NOVEMBER 14 - 18	K-5 Hot Ham/Bun 6-12 Pretzel Bun Cheese Slice Seasoned Potato Wedges Tomato/Cucumber Slices Pineapple Tidbits	Super Nachos Cheese/Lettuce Diced Tomatoes/Salsa Hearty Refried Beans Diced Peaches	Turkey Gravy/ Biscuits Steamed Garden Peas Fresh Cauliflower Florets Crunchy Baby Carrots Crisp Apple Wedges Pumpkin Bar	Bacon Chicken Ranch Wrap 6-12 Flatbread Cheese/Lettuce SlicedTomatoes/Salsa Mexicali Corn Juicy Orange Wedges Chocolate Brownie	State Fair Corndog Oven Bkd Beans Crunchy Baby Carrots Broccoli Florets/dip Diced Pears Fresh Melon Mix
Week of... NOVEMBER 21 - 25	Breaded Chicken Strips Whipped Potatoes Fresh Broccoli Florets Crunchy Baby Carrots Mixed Fruit Fresh Bkd Cinn Breadstix	COOKS CHOICE	NO SCHOOL — THANKSGIVING VACATION		
Week of... NOV. 28 - DECEMBER 2	Chicken Fajita/tortilla shell Shredded Cheese/Lettuce Diced Tomatoes/Salsa Tatertots/Seasoned Rice Pineapple Tidbits	Maidrite/ Bun Seasoned Corn Cherry Tomatoes Crisp Cucumber Slices Juicy Orange Wedges Rice Krispy Bar	Chili / Fritos Cornbread / Syrup Crunchy Baby Carrots Crisp Celery Stix Banana	PK-5 Mexicali Taco Boat 6-12 Bkd. Potato / FF Bar choice: Taco, Ham,Cheese Steamed Broccoli Tomatoes/Salsa Applesauce Fresh Bkd. Dinner Roll	PK-8 Tony's Cheese Pizza 9-12 Big Dad's 4 Cheese pizza Garden Salad/Caulif florets Garbanzo Beans Diced Peaches WG Cookie
Menu is subject to change without notice.					

USDA REQUIREMENTS FOR REIMBURSABLE SCHOOL LUNCH
5 Daily LUNCH COMPONENT Requirements —
Meat/Meat Alternate – Fruit – Vegetable – Bread – Milk
*Students must choose at least 3 of the 5 items offered,
 one item **MUST** be a serving of fruit or vegetable or a ½ serving of both.*



Skim, Skim Chocolate & 1% Milk offered daily.
 Whole Grain Buns, Breads & Pastas are always used.
 All items offered meet USDA requirements
 in limiting calories to 30% from fat and 35% from sugar.