

WEST FELICIANA PARISH CHILD NUTRITION PROGRAM SCHOOL MENU
NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast Pizza / Applesauce Milk/Juice Sliced Ham Mac & Cheese Steamed Broccoli/ Glazed Carrots Pineapple Tidbits w/cherries WW Roll / Milk	Cereal/Fruit Choice Milk / Juice Pizza on WW Crust Tossed Dark Green Salad Lo Fat Dressing Fresh Fruit / Steamed Corn Milk	Scrambled Eggs / WW Toast/ Banana/ Juice/ Milk Turkey/Sausage Gumbo Steamed Brown Rice Zesty Green Beans Vegetable Medley Chilled Pear Halves WW Crackers / Milk	Assorted Muffins Sliced Peaches/Juice/ Milk Hamburger on WW Bun Oven Fries / L/T Cup Fresh Fruit Choice/Catsup Mustard/Mayo/Milk or Choice of Subway Meal HS & MS Only
7	8	9	10	11
STAFF DEVELOPMENT NO STUDENTS	ELECTION DAY HOLIDAY	2 oz. Asst. Muffins / Applesauce Milk/Juice Pizza on WW Crust Tossed Green Salad Steamed Corn Fresh Fruit / Milk	Cereal / Fruit Choice Juice / Milk Hearty Taco Soup Grilled Cheese Sandwich Steamed Broccoli Strawberry Cup Milk	Biscuit / Sausage Patty/ Mixed Fruit / Milk/Juice/Jelly Baked Potato Chili & Cheese Tossed Green Salad Fresh Fruit /Cinnamon Bread/Milk or Choice of Subway Meal HS & MS only
14	15	16	17	18
French Toast Sticks w/ Syrup Pears / Milk/Juice Red Beans w/ Ham Steamed Brown Rice Seasoned Greens/ Sweet Potatoes Fruit Mix / Cornbread / Milk	Scrambled Eggs / Toast Fruit Choice/ Juice / Milk / Jelly Grilled Chicken on ww Bun L/T Cup /Steamed Broccoli Pineapple Tidbits w/cherries Catsup / Mustard / Milk	2 oz. Asst. Muffins / Applesauce Juice / Milk Pizza on ww Crust Tossed Green Salad Steamed Corn Fresh Fruit / Milk	Cereal /Fruit Choice / Juice / Milk Turkey Roast Cornbread Dressing Glazed Sweet Potatoes Zesty Green Beans Fruit Salad / Cranberry Sauce WW Roll / Milk THANKSGIVING DINNER	Biscuit / Sausage Patty / Mixed Fruit Milk / Jelly/Juice Hot Dog on WW Bun Baked Beans / Tossed Green Salad Fresh Fruit/Catsup/Mustard Lo-Fat Dressing/Milk or Choice of Subway Meal HS & MS Only
21	22	23	24	25
	THANKSGIVING		HOLIDAYS	
28	29	30	 Healthy Tip: Adjust your taste buds and learn to like less sodium. The body needs sodium for proper muscle and nerve function and fluid balance, but too much salt can increase blood pressure and the risk of heart disease and stroke.	