




Allen Parish School Board - NOVEMBER 2018

Revised
10/04/2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
L U N C H M E N U S	Week 2 ALL MEALS INCLUDE CHOICE OF MILK			1 Red Beans & Sausage Steamed Rice Cornbread Seasoned Mustard Greens Vegetable Melody Melon Cup Banana	2 Sloppy Joe or BBQ Rib Burger Crispy Sweet Potato Fries with Catsup Sandwich Cup with Cucumber & Tomato Pineapple Tidbits Apple Slices
	Week 3 5 Beef or Turkey Burrito with Salsa Salad with Lettuce & Tomato with Salad Dressing Mexican Beans Fruit Cup Sliced Peaches	6 Chicken Spaghetti Whole Wheat Italian Bread with Dipping Sauce Steamed Carrots Sweet Peas Diced Pears Applesauce	7 Chicken Nuggets & Catsup Mac & Cheese Broccoli Cuts Steamed Corn Apricot Slices Grapes	8 Chicken/Sausage Jambalaya Cornbread Cooked Carrots Navy Beans Fresh Fruit Cup Raisin Cup or Banana	9 Hot Ham & Cheese Sandwich or Corn Dog Mayo/Mustard Carrot Sticks & Ranch Romaine Salad with Italian Dressing Fruit Cocktail Banana
	Week 1 12 Spaghetti & Meat Sauce Whole Wheat Breadsticks Steamed Carrots Creamy Coleslaw Melon Cup Orange Wedges	13 Crispy Fish Pattie & Catsup Scalloped Potatoes Steamed Green Beans Diced Pears Banana Whole Wheat Sugar Cookie	14 Cheese Quesadilla Spanish Rice Refried or Mexican Beans Salad with Lettuce & Tomato Shredded Cheese Cup Pineapple Rings Apple Slices	15 Baked Ham with Brown Sugar Glaze Cornbread Dressing Seasoned Mustard Greens Lima Beans Apple Crisp Banana	16 Pepperoni or Cheese Pizza Broccoli Cuts with Cheese Sauce Garden Salad, Tomato, Cucumber & Italian Dressing Steamed Corn Apricot Slices Applesauce
	19 HOLIDAY	20 HOLIDAY	21 	22 HOLIDAY 	23 HOLIDAY
	Week 2b 26 BBQ Chicken Mashed Potatoes with Gravy Whole Wheat Roll Seasoned Blackeye Peas Peach Slices Orange Wedges	27 Turkey Hot Dog on a Bun with Shredded Cheese Cup Mayo/Mustard/Catsup Crispy Sweet Potato Fries Steamed Corn Fresh Fruit Cup Banana	28 Beef/Turkey Nachos with Cheese Whole Grain Tortilla Chips Mexican Beans Lettuce/Tomato Cup Pear Halves Apple Slices	29 Pork or Turkey Roast Steamed Rice & Gravy Whole Wheat Bread Stick Sweet Potatoes with Orange Glaze Chick Peas Pineapple Tidbits or Apple	30 Grilled Cheese Sandwich Vegetable Chili Boat or Egg Roll Sliced Pears Banana Whole Wheat Gingerbread Square