

November 2019

BONIFAY K – 8

LUNCH



**SERVED DAILY: MILK, FRUIT, AND
CONDIMENTS AS NEEDED.**



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Nuggets
Mashed Potatoes
Broccoli

4

Hamburger
Fries
Lettuce/Tomato

5

Beef Nacho
Tortilla Chips
Corn
Side Salad

6

Chicken Noodle
Peas & Carrots
Side Salad
Roll

7

Corn Dog
Mac & Cheese
Baked Beans
Carrot sticks w/ Ranch

8

Stuffed Crust Pizza
Side Salad
Broccoli

11

Thanksgiving Lunch
Turkey
Green Beans
Sweet Potatoes
Roll Fruit Pies

12

Burrito
Corn
Side Salad

13

Chicken Sandwich
Fries
Lettuce/Tomato

14

Chicken & Waffles
Baked Beans
Carrot Sticks w/ Ranch

15

Chicken Nuggets
Mashed Potatoes
Broccoli

18

Hamburger
Fries
Lettuce/Tomato

19

Taco Salad
Tortilla Chips
Corn
Lettuce

20

Cherry Blossom Chicken
Oriental Rice
Side Salad

21

Hot Dog
Doritos
Baked Beans
Carrot Sticks

22

Stuffed Crust Pizza
Side Salad
Broccoli

25

Chicken Sandwich
Fries
Lettuce/Tomato

26

NO SCHOOL
THANKSGIVING BREAK

27

NO SCHOOL
THANKSGIVING BREAK

28

NO SCHOOL
THANKSGIVING BREAK

29