



COUNTRY HILLS LUNCH MENU

november 2018



OFFER VS SERVE
menu subject to change

Cycle Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<p>lunch prices: \$2.75 / .40 reduced*</p> <p>*free / reduced meal applications online at: family.titank12.com</p>	<p>SECOND CHOICE</p> <p>Muffin / Yogurt or WowButter & Jelly Sandwich</p>		<p>FORTUNE COOKIE</p> <p>Mandarin Orange Chicken w/ Whole Grain Rice Salad / Dressing w/ Grape Tomatoes Plum</p>	<p>PAPA JOHN'S PIZZA</p> <p>Pepperoni* or Cheese Salad / Dressing w/ Grape Tomatoes Fresh Pear</p>
2	<p>Pepperoni* & Cheese Stuffed Pizza Sticks Carrot & Celery Sticks / Dip Peaches</p>	<p>Chicken Tenders Whole Grain Roll Salad / Dressing w/ Grape Tomatoes Applesauce</p>	<p>Mini Corn Dogs** Salad / Dressing w/ Garbanzo Beans Plum</p>	<p>BROWNIE BITES</p> <p>Turkey / Gravy w/ Mashed Potatoes Whole Grain Roll Salad / Dressing w/ Grape Tomatoes Siced Apples</p>	<p>Turkey Ham** & Cheese Sandwich Sun Chips Shredded Lettuce Sliced Tomato Pineapple Bits</p>
3	<p>Thank You</p>  <p>VETERANS</p>	<p>PAPA JOHN'S PIZZA</p> <p>Pepperoni* or Cheese Salad / Dressing w/ Grape Tomatoes Sliced Apples</p>	<p>Cheese Pizza Rippers Salad / Dressing w/ Grape Tomatoes & Beans Mixed Fruit</p>	<p>Turkey Shaped Cookie</p> <p>Chicken Sticks Whole Grain Roll Salad / Dressing w/ Grape Tomatoes Plum</p>	<p>Cheeseburger on a Whole Grain Bun Potato Triangles Shredded Lettuce Sliced Tomato Peaches</p>

thanksgiving recess



4	<p>Grilled Cheese Sandwich Sun Chips Salad / Dressing w/ Grape Tomatoes Peaches</p>	<p>COOKIE</p> <p>Chicken Tenders Whole Grain Roll Salad / Dressing w/Jicama Baked Beans Sliced Apples</p>	<p>PAPA JOHN'S PIZZA</p> <p>Pepperoni* or Cheese Salad / Dressing w/ Grape Tomatoes Fresh Pear</p>	<p>COOKIE</p> <p>Popcorn Chicken Whole Grain Roll Salad / Dressing w/ Cucumbers Grapes</p>	<p>REMINDER NO SCHOOL</p>
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* denotes pork / ** denotes turkey/chicken

MILK AVAILABLE DAILY
1% or NF CHOCOLATE
STRAWBERRY SPLASH ON THURSDAYS!

School Lunches:

- Contain one-third of the recommended nutrients needed each day.
- Provide healthy, balanced meals.
- Ensure students have the option to select dairy, vegetables, fruits and whole grains.
- Enhance children's learning abilities by fueling their minds with nutrient-rich foods.
- Save time by not having to pack lunch.



Apply for Free/ Reduced Meals* or Pay Online for Meals at:

family.titank12.com

