



# November

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1

Country Fried Steak  
 Chef Salad  
 Carrot/Celery/Cucumber  
 w/Dressing  
 Mashed Potatoes  
 Fresh Fruit Bowl  
 Tropical Fruit  
 Whole Wheat Roll  
 Fat Free Milk

4

Baked Pork Chop  
 Managers Choice Salad  
 Fried Brown Rice  
 Carrots and Red Peppers  
 with Dip  
 Green Peas  
 Frozen Fruit Juice Cups  
 Fresh Fruit Bowl  
 Whole Wheat Roll  
 Fat Free Milk

5

Veggie Soup SandComboUM5  
 030.1  
 Chef Salad  
 Vegetable Juice  
 Baked Beans  
 Flavored Raisins  
 Chilled Peach Slices  
 Fat Free Milk

6

Red Beans and Rice  
 with Sausage  
 Managers Choice Salad  
 Black-Eyed Peas  
 Marinated Tomato and  
 Cucumber Salad  
 Pineapple Tidbits  
 Fresh Fruit Bowl  
 Cornbread  
 Fat Free Milk

7

Chili Cheese over Chips  
 Grilled Fajita Salad  
 Steamed Broccoli Florets  
 Whole Kernel Corn  
 Applesauce in a Bag  
 Fruited Gelatin  
 Mexican Cornbread  
 Fat Free Milk

8

Chicken Nachos  
 Managers Choice Salad  
 Spicy Fries  
 Cheesy California  
 Veggies  
 Chilled Peaches  
 Fresh Bananas  
 Fat Free Milk

11

Pepperoni Pizza Wedge  
 Fruit and Yogurt Plate  
 Baked Ranch Fries  
 Black Bean Salad  
 Fresh Apples  
 Chilled Pear Halves  
 Fat Free Milk

12

Fish Sticks  
 Chef Salad  
 Tomatoes & Carrots w/Dip  
 Tossed Salad w/ Dressing  
 Fresh Strawberries  
 Chilled Mandarin  
 Oranges  
 Whole Wheat Roll  
 Fat Free Milk

13

Cheesy Chicken Over/Rice  
 Tuna Salad on  
 Croissant Bun  
 Southern Mustard Greens  
 Field Peas  
 Fresh Grapes  
 Frozen Fruit Juice Cups  
 Cornbread  
 Low Fat Milk

14

Chili Dog  
 Grilled Chicken Salad  
 Crinkle Cut Fries  
 Confetti Coleslaw  
 Fresh Fruit Bowl  
 Fruit Cocktail  
 Ketchup  
 Mustard  
 Fat Free Milk

15

Ham and Turkey  
 on Bun  
 Trimmings  
 Tuna Ranch Wrap M4355  
 Bake Chips  
 Steamed Carrots  
 Broccoli Salad  
 Tangerines  
 Calico Fruit  
 Mayonnaise  
 Mustard  
 Low Fat Milk

18

Chicken Nuggets  
 Tuna Salad with Crackers  
 Criss Cut Sweet Potatoes  
 Spinach Salad  
 Fruit Slushes  
 Fresh Fruit Bowl  
 Yeast Roll  
 Variety of Dipping Sauce  
 Ketchup  
 Fat Free Milk

19

Hamburger Steak w/ Gravy  
 Managers Choice Salad  
 Steamed Rice  
 Italian Sliced Carrots  
 Mixed Vegetables  
 Fresh Fruit Bowl  
 Fresh Fruit Cup  
 Cornbread  
 Fat Free Milk

20

BBQ Pork Sandwich  
 Grilled Chicken Salad  
 Baked Beans  
 Confetti Coleslaw  
 Fresh Pears  
 Fresh Bananas  
 Chocolate Chip Cookie  
 Low Fat Milk  
 Chocolate Milk

21

Turkey and Dressing  
 Cranberry Sauce  
 Managers Choice Salad  
 Whole Grain  
 Saltine Crackers  
 Sweet Potato Casserole  
 Seasoned Green Beans  
 Fresh Fruit Bowl  
 Tropical Fruit  
 Fruit Crisp  
 Yeast Roll  
 Low Fat Milk  
 Chocolate Milk

22

Sausage Pizza  
 Chicken Salad w/Crackers  
 Spicy Fries  
 Steamed Carrots  
 Fresh Fruit Bowl  
 Assorted Fruit Juices  
 Fat Free Milk

25

26

27

28

29

**GPSD Pre-K School Lunch Menu  
Menu Subject to Change**

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