

LUNCH

NOVEMBER 2021

Kerens ISD

MENU SUBJECT TO CHANGE / LUNCH IS FREE TO ALL STUDENTS

Students must take a full serving of Fruit or Veggies for meal to be counted as meeting requirements.
 High School is offered 1 Cup of Veggies/ Fruit & 2 Grain Breads
 Every meal includes one of the varieties of milk; 1% Unflavored/ Fat Free Chocolate
Pre K has a New Meal Pattern

Monday

1
 CHILI CHEESE DOGS
 HOT DOG ON A BUN
 BAKED BEANS
 CELERY DIPPERS W RANCH
 MANDARIN ORANGES
 FRESH GRAPES
 MILK

8
 CRISPY CHICKEN SANDWICH
 SPICY CHICKEN SANDWICH
 SEASONED CURLY FRIES
 RANCHY GREEN BEANS
 FRESH APPLES
 TROPICAL FRUIT SALAD/ MILK

15
 STEAK FINGERS
 WHEAT ROLLS
 MASHED POTATOES
 HERB ROASTED BROCCOLI
 DICED PEACHES
 FRESH ORANGES
 KETCHUP/MILK

22
 HOLIDAY

29
 CHILI CHEESE FRITO PIE
 SPINACH SALAD W RANCH
 VEGGIE MELODY
 TROPICAL FRUIT SALAD
 FRESH APPLES
 MILK

Tuesday

2
 POPCORN CHICKEN
 WHEAT ROLLS
 FRESH GARDEN SALAD W RANCH
 HERB ROASTED CAULIFLOWER
 FRESH STRAWBERRIES
 PEACH HALVES
 KETCHUP/MILK

9
 CHICKEN FAJITA'S ON WHOLEGRAIN TORTILLA
 FRESH GARDEN SALAD W RANCH
 ROASTED SWEET POTATOES
 SPANISH RICE
 FRESH PEACHES & PEARS
 SNICKERDOODLE COOKIES/ MILK

16
 CHEESE NACHO'S
 SPANISH RICE
 PINTO BEANS
 FRESH GARDEN SALAD W RANCH
 FRESH GRAPES
 SLICED PINEAPPLES
 MILK

23
 HOLIDAY

30
 ASIAN CHICKEN
 CILANTRA LIME RICE
 SEASAME ROASTED GREEN BEANS
 ASIAN SQUASH
 BLUE PINEAPPLES
 FRESH PEARS
 MILK

Wednesday

3
 SALISBURY STEAK
 GARLIC BREAD STICK
 CARROT STICKS W RANCH
 MASHED TATORS
 FRESH CANTALOUPE
 DICED PINEAPPLES/ MILK

10
 POWER MEATBALL SUB
 HERB ROASTED BROCCOLI
 SPINACH SALAD W RANCH
 CHILLED PEACHES
 FRESH BANANA'S
 MILK

17
 BBQ BAKED CHICKEN
 HERB ROASTED CAULIFLOWER
 CARROT STICKS W RANCH
 PINEAPPLE POPPY SEED
 PEAR HALVES
 MILK

24
 HOLIDAY

Thursday

4
 CHEESE BURGERS
 SWEET POTATO FRIES
 TEX-MEX BROCCOLI
 FRESH ORANGES
 CHILLED MIX FRUIT
 MILK

11
 ASIAN CHICKEN
 FRIED RICE
 BLACK BEANS
 SESAME GLAZED CARROTS
 MANDARIN ORANGES
 FRESH ORANGES/MILK

18
 Thanksgiving Feast

25
 HOLIDAY

Friday

5
 CRISPY CHICKEN TENDER
 WHEAT ROLLS
 VEGGIE MELODY
 SPINACH SALAD W RANCH
 FRESH WATERMELON
 FRESH APPLES
 CHOCOLATE PUDDING/MILK

12
 PEPPERONI STYLE PIZZA
 BUTTERED CORN
 CELERY STICKS W PB
 CHILLED MIXED FRUIT
 FRESH PEARS
 MILK

19
 CRISPY CHICKEN TENDERS
 WAFFLES W SYRUP
 SWEET POTATO WAFFLES
 RANCHY GREEN BEANS
 GRAPEFRUIT HALVES
 APPLESAUCE
 MILK

26
 HOLIDAY



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