

November 2020

SHELTON PUBLIC SCHOOL

LUNCH



School Information: We are an equal opportunity provider. No meals Nov. 25, 26, 27, & 30. Thanksgiving break & Teacher In-service.



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

Pulled pork sandwich
Baked Beans
WG chips
Mixed fruit
Milk

2

Tuesday

Ham Dandy
WG dinner roll
Mixed vegetables
Peach cobbler
Milk

3

Wednesday

Sandwich choice: PBJ,
Deli, Egg salad
WG chips
Fruit Juice
Veggie cups
Milk

4

Thursday

Ravioli w/beef
WG dinner roll
Tossed salad
Veggie cups
Apples
Milk

5

Friday

Teriyaki chicken or Mandari
orange chicken
Steamed rice
Oriental vegetables
Mandarin Oranges
Milk

6

Grilled cheese
Potato salad
Tomato soup
Pears
Milk

9

Texas spaghetti
WG dinner roll
Tossed salad
Mixed fruit
Milk

10

Chicken patty w/wg bun
Broccoli rice & cheese
Fruit slushie
Tossed salad
Milk

11

Soft shell taco
Refried beans
Spanish rice
Pineapple tidbits
Milk

12

Calzones
Tossed salad
Pasta or potato salad
Oranges
Milk

13

Lasagna
Tossed salad
WG dinner roll
Peaches
Milk

16

Hamburger w/wg bun
Curly French Fries
Baked Beans
Pears
Milk

17

Hot ham & cheese or
PBJ sandwich
WG chips
Apples veggie cups
Milk

18

Super nachos w/meat &
Cheese sauce
Jello w/fruit
WG cookie
Tossed salad
Milk

19

Roasted Turkey
Mashed potatoes
Stuffing Green beans
Craisins Pumpkin dessert
Milk

20

Chicken & noodles
Mashed potatoes
Tossed salad
Strawberries
Milk

23

Walking tacos
Refried beans
Spanish Rice
Pineapple tidbits
Milk

24

No lunch or breakfast
Early out
Grandparents Day

25

No School
Thanksgiving Break

26

No School
Thanksgiving break

27

No School
Teacher In-service

30

