

NOVEMBER 2022

Lisbon Grade School

LUNCH



Choice of Low Fat White or Fat Free Chocolate offered daily.



November is National Peanut Butter Lovers Month. Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Orange Chicken
Rice
Broccoli
Applesauce
Fruit Snack

1

Soft Shell Beef Taco
(Chz, Sour Cream, salsa)
Corn
Peaches
Pudding Cup

2

National Sandwich Day
Hot Ham & Cheese on
Bun Carrots
Frozen Apricots
Graham Snack

3

Spaghetti w/ sauce
Green Beans
Mixed Fruit
Cookie

4

Lasagna Roll-ups
Peas
Applesauce
Fruit by the Foot

7

**NO
SCHOOL**

8

Corn Dog
Carrots
Frozen Strawberries
Cranberries

9

Chicken Nuggets
Green Beans
Peaches
String Cheese

10

Veterans Day
Beef Chili
Corn Bread
Pears
Jell-O cup

11

Cheese Tortellini
Peas
Pears
Granola Bar

14

BBQ Pork on Bun
Green Beans
Mixed Fruit
Gogurt

15

Beef Nachos (beef,
tortilla chips, chz,
sour cream, salsa)
Corn, Frozen Peaches
Fruit Snack

16

Chicken Patty on Bun
Baked Beans
Applesauce
Pudding Cup

17

French Dip Sandwich
w/ au jus
Potato Smiles
Frozen Mixed Berries
Cookie

18

Cheese Pizza
Salad w/ dressing
Peaches
Fruit by the Foot

21

Salisbury Steak
Mashed Potatoes w/
gravy, Corn
Frozen Strawberries
Charlie Brown Pie

22

**NO
SCHOOL**

23

**NO
SCHOOL**

24

National Parfait Day
**NO
SCHOOL**

25

Mini Corn Dogs
Nacho Chips w/
cheese Green Beans
Frozen Peaches
Rice Krispy

28

Sausage, Egg &
Cheese on Biscuit
Hash Brown
Frozen Blueberries
Granola Bar

29

Hamburger or
Cheeseburger on
Bun
Baked Beans
Applesauce Gogurt

30

