

# NOVEMBER 2018

## Spencer – VanEtten

Monday

Tuesday

Wednesday

Thursday

Friday

### Did You Know...

Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

**5**  
BBQ BONELESS CHICKEN BREAST SERVED ON A WHEAT ROLL  
SWEET POTATOS FRIES  
STEAMED CORN  
APPLE SAUCE

**6**  
TACO TUESDAY SEASONED BEEF SERVED IN A CRISPY CORN SHELL LOADED WITH LETTUCE, DICED TOMATO, CHEDDAR CHEESE, SALSA, AND SOUR CREAM

**7**  
BRUNCH LUNCH SCRAMBLED EGGS FRENCH TOAST STICKS SAUSAGE LINKS TATER TOTS SYRUP FRESH FRUIT SELECTIONS

**1**  
HOT DOG SERVED ON WHEAT ROLL, KETCHUP, MUSTARD, RELISH, DICED RED ONIONS AT HIGH SCHOOL/MIDDLE SCHOOL BAG SNACK FRESH FRUIT SELECTIONS

**2**  
GRILLED CHEESE SANDWICH ON TOASTED WHEAT BREAD  
CAMPBELLS TOMATO SOUP  
CHEFS CHOICE OF STEAMED VEGETABLES  
CANNED FRUIT IN EXTRA LITE SYRUP

**8**  
SHEPHERD'S PIE SEASONED GROUND BEEF LAYERED WITH CORN AND MASHED POTATOS STEAMED CARROTS CORN MUFFIN

**9**  
MACARONI AND CHEESE STEAMED PEAS HOMEMADE OAT BRAN BREAD FRESH FIELD GREEN WITH RANCH DRESSING

**12**  
NO SCHOOL HONOR OUR VETERANS

**13**  
CHICKEN PATTY SERVED ON A WHEAT ROLL LETTUCE, TOMATO, DILL PICKLE SLICES STEAMED GREEN BEANS MASHED POTATOS GRAVY

**14**  
PASTA AND SAUCE GARLIC TOASTED BREAD SEASONED GREEN BEANS OVEN ROASTED RED JACKETED POTATOS APPLE SAUCE

**15**  
SLOPPY JOE SEASONED GROUND BEEF IN A TANGY TOMATO BASED SAUCE SERVED ON A WHEAT ROLL WEDGE CUT POTATOS FRESH FRUIT SELECTIONS

**16**  
TRADITIONAL THANKSGIVING FEAST ROAST TURKEY SAGE STUFFING MASHED POTATOS GREEN BEAN CASSEROLE GRAVY CRANBERRY SAUCE PUMPKIN PIE

**19**  
CHILI CON CARNE STEAMED CORN SALTINE CRACKERS HOMEMADE OAT BRAN BREAD FRESH FRUIT SELECTIONS FIELD GREENS WITH RANCH DRESSING

**20**  
CREAMED CHICKEN SERVED OVER STEAMED RICE STEAMED CARROTS APPLE SAUCE WHOLE WHEAT DINNER ROLL

**21**  
THANSKGIVING RECESS

**22**  
THANKSGIVING RECESS

**23**  
THANSKGIVING RECESS

**26**  
GRILLED CHEESE ON TOASTED WHEAT BREAD CAMPBELLS TOMATO SOUP WEDGE CUT POTATOS FIELD GREENS WITH ITALIAN DRESSING

**27**  
TACO TUESDAY SEASONED BEEF SERVED IN A CRISPY CORN SHELL LOADED WITH LETTUCE, DICED TOMATO, CHEDDAR CHEESE, SALSA AND SOUR CREAM

**28**  
BAKED CHICKEN SEASONED CHICKEN BAKED SERVED WITH MASHED POTATOS AND GRAVY STEAMED CORN ROLL

**29**  
CHICKEN BURRITO CHICKEN BREAST MEAT ROLLED UP IN A FLOUR TORTILLA SHELL, TANGY SAUCE AND CHEDDAR CHEESE STEAMED RICE

**30**  
CHEESE PIZZA FRESH MADE CRUST STIR FRIED MEDLEY OF VEGETABLES CANNED FRUIT IN EXTRA LITE SYRUP

### A La Carte

P&B JELLY SANDWICH  
FRESH SIDE SALADS  
VARIETY CONDIMENTS  
CAN FRUIT/LITE SYRUP  
100% WHEAT ROLLS/BREAD  
100% FRUIT JUICE  
TUE/THUR ELEM/MS  
1% WHITE AND FAT FREE CHOCOLATE MILK  
SALAD BAR EVERY DAY AT HIGH SCHOOL  
BREAKFAST: \$1.35  
LUNCH ELEM \$2.40  
MS/HS \$2.65  
ADULTS \$4.50

### School News

MON PARFAITS, FRUIT  
YOGURT AND GRANOLA  
TUE PANCAKE ON A SAUSAGE STICK  
WED FRENCH TOAST  
THUR BREAKFAST PIZZA  
FRI BREAKFAST BURRITO ROLLED IN A FLOUR FLOUR TORTILLA WITH EGG CHEESE AND MEAT