

**Elkin City Schools**  
**ELKIN MIDDLE SCHOOL LUNCH MENU**  
**NOVEMBER 2013**

Oct 30, 2013

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1 NO SCHOOL TODAY
Nov - 4 POPCORN CHICKEN RIB-A-QUE PEPPERONI PIZZA BAKED POTATO TOSSED SALAD COLESLAW TROPICAL FRUIT ASSORTED FRESH FRUIT WHEAT ROLL MILK - VARIETY	Nov - 5 GRILLED CHICKEN SAND TURKEY&CHEESE SAND. CHEESE PIZZA TOSSED SALAD PASTA SALAD CORN ON THE COB MIXED FRUIT ASSORTED FRESH FRUIT MILK - VARIETY	Nov - 6 BEEF BURRITO CHIC FILLET SANDWICH CHEESE PIZZA SPANISH RICE CORN LETTUCE & TOMATO PEACHES ASSORTED FRESH FRUIT CHIPS/SCOOPS MILK - VARIETY SALSA	Nov - 7 CORN DOG PORK CHOP CHEESE PIZZA POTATO SMILES BROCCOLI & CHEESE TOSSED SALAD STRAWBERRY CUP ASSORTED FRESH FRUIT MILK - VARIETY	Nov - 8 SPAGHETTI CORN DOG NUGGETS PEPPERONI PIZZA LIMA BEANS TOSSED SALAD STEAMED CARROTS DICED PEARS ASSORTED FRESH FRUIT BREADSTICK MILK - VARIETY
Nov - 11 NO SCHOOL TODAY	Nov - 12 CHEESEBURGER HOT DOG PEPPERONI PIZZA TOSSED SALAD CARROT STICKS W/DIP COLESLAW GREEN PEAS TROPICAL FRUIT ASSORTED FRESH FRUIT MILK - VARIETY	Nov - 13 VEGETABLE BEEF SOUP TOASTED CHEESE SAND PORK CHOP SANDWICH PEPPERONI PIZZA VEGGIE STICKS PINEAPPLE ASSORTED FRESH FRUIT CRACKERS MILK - VARIETY	Nov - 14 RAVIOLI W/MEAT SAUCE GRILLED CHICKEN BREADS CHEESE PIZZA PEAS & CARROTS TOSSED SALAD APPLESAUCE BREADSTICK ASSORTED FRESH FRUIT MILK - VARIETY MAYONNAISE	Nov - 15 COUNTRY STYLE STEAK CHIC FILLET SANDWICH PEPPERONI PIZZA MASHED POTATOES GREEN BEANS TOSSED SALAD JELLO W/FRUIT ASSORTED FRESH FRUIT WHEAT ROLL MILK - VARIETY
Nov - 18 CHICKEN SALAD CORN DOG CHEESE PIZZA BAKED POTATO PEAS & CARROTS TOSSED SALAD STRAWBERRIES ASSORTED FRESH FRUIT MILK - VARIETY	Nov - 19 PORK ROAST CHIC FILLET SANDWICH PEPPERONI PIZZA MASHED POTATOES GREEN BEANS TOSSED SALAD JELLO W/FRUIT ASSORTED FRESH FRUIT WHEAT ROLL MILK - VARIETY	Nov - 20 CHICKEN PIE RICE CHEESEBURGER PEPPERONI PIZZA TOSSED SALAD GREEN PEAS MIXED FRUIT WHEAT ROLL ASSORTED FRESH FRUIT MILK - VARIETY	Nov - 21 CORN DOG NUGGETS SLOPPY JOE** CHEESE PIZZA LIMA BEANS VEGGIE STICKS TOSSED SALAD BLUEBERRIES ASSORTED FRESH FRUIT MILK - VARIETY	Nov - 22 LASAGNA CHIC FILLET SANDWICH CHEESE PIZZA CORN TOSSED SALAD APPLE SAUCE ASSORTED FRESH FRUIT BREADSTICK MILK - VARIETY
Nov - 25 CHEESEBURGER HOT DOG PEPPERONI PIZZA TOSSED SALAD CARROT STICKS W/DIP COLESLAW GREEN PEAS PEACHES ASSORTED FRESH FRUIT MILK - VARIETY	Nov - 26 TURKEY WITH GRAVY GRILLED CHICKEN SAND CHEESE PIZZA MASHED POTATOES GREEN BEANS SWEET POTATOES LETTUCE & TOMATO ROLL MILK - VARIETY	Nov - 27 NO SCHOOL TODAY	Nov - 28 NO SCHOOL TODAY	Nov - 29 NO SCHOOL TODAY

## CHOICE OF ENTREE

This institution is an equal employment opportunity provider and employer.

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.