

# What's on the Menu?



## Southern University Laboratory School : November Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Grits &amp; Eggs Assorted cereal Graham Cracker</p> <p>100% Fruit Juice Milk of choice</p>	<p>2 Sausage Biscuit Assorted Cereal Graham Crackers Fresh Fruit 100% Fruit Juice Milk of choice</p>	<p>3 Sausage Pancake stick Assorted Cereal Graham Crackers Fresh Fruit 100% Fruit Juice Milk of Choice</p>
<p>6 Grits &amp; Sausage Assorted cereal Graham cracker Fresh fruit 100% Fruit juice Milk of choice</p>	<p>7 Assorted Muffins Mozzarella Stick Assorted Cereal Graham Cracker Fresh fruit 100% Fruit juice Milk of choice</p>	<p>8 Chicken Biscuit Assorted Cereal Graham Crackers Fresh Fruit 100% Fruit Juice Milk of Choice</p>	<p>9 Warm Cinnamon Toast Cereal Bar Assorted Cereal Graham Cracker Fresh fruit 100% Fruit juice Milk of choice</p>	<p>10 Breakfast Pizza Assorted Cereal Graham Cracker Fresh fruit 100% Fruit juice Milk of choice</p>
<p>13 Grilled Cheese Sandwich Assorted Cereal Graham Crackers Fresh fruit 100% Fruit juice Milk of choice</p>	<p>14 Sausage Biscuit Assorted Cereal Graham Crackers Fresh fruit 100% Fruit juice Milk of choice</p>	<p>15 Cheddar Grits Assorted Cereal Graham Crackers Fresh fruit 100% Fruit juice Milk of choice</p>	<p>16 Assorted Pop-tarts Assorted Cereal Graham Crackers Fresh fruit 100% Fruit juice Milk of choice</p>	<p>17 Cini Mini Assorted Cereal Graham cracker Fresh fruit 100% Fruit juice Milk of choice</p>
<p>20 Holiday Break</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>27 Blueberry Bash Waffles Assorted Cereal Graham crackers Fresh fruit 100% Fruit juice Milk of choice</p>	<p>28 Chicken Biscuits Assorted Cereal Graham cracker Fresh fruit 100% Fruit juice Milk of choice</p>	<p>29 Sausage Pancake Stick Assorted Cereal Graham Cracker Fresh fruit 100% Fruit juice Milk of choice</p>	<p>30 Apple Frudel Assorted Cereal Graham cracker Fresh fruit 100% Fruit juice Milk of choice</p>	

# What's on the Menu?



## Southern University Laboratory School : November Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Chicken &amp; Sausage Gumbo over Rice Half grilled toast Tossed salad Seasoned broccoli Orange Milk of choice</p>	<p>2 Tex-Mex Chili Mac Dinner roll Meatball Sub Roasted Cauliflower Tossed salad Apple Milk of Choice</p>	<p>3 Buffalo Chicken Pizza Crispy Fries Broccoli florets Tropical Fruit 100% Fruit juice Milk of choice</p>
<p>6 Chicken &amp; Sausage Jambalaya Carrot sticks Seasoned green beans Whole orange 100% Fruit Juice Milk of choice</p>	<p>7 Turkey Nachos Mexican rice Seasoned Corn Cherry tomatoes Banana Red Grapes Milk of choice</p>	<p>8 Red Beans &amp; Rice Cornbread Buffalo Chicken wrap Seasoned Mustards Baby carrots Apple Milk of choice</p>	<p>9 Chicken Tenders Dinner roll Turkey Corndog Mac &amp; Cheese Glazed carrots Sliced peaches Milk of choice</p>	<p>10 BBQ Cheeseburger Fun Lunch BBQ Baked Beans Lettuce &amp; Tomatoes Pear 100% Fruit Juice Milk of Choice</p>
<p>13 Italian Meat sauce over Rotini Dinner roll Seasoned Collards Tossed Salad Diced pears</p>	<p>14 Turkey Tacos Mexican rice Mexican pinto beans Cherry tomatoes Apple Milk of choice</p>	<p>15 Popcorn Chicken Bowl &amp; mashed potatoes Dinner roll Baked potato-HS Seasoned Corn Orange/Diced pears Milk of Choice</p>	<p>16 Roast Turkey Cornbread Dressing Dinner roll Sweet potatoes Apple Crisp Fresh fruit Milk of choice</p>	<p>17 Spicy Chicken Sandwich Potato wedges Orange Lettuce &amp; Tomatoes Milk of Choice</p>
<p>16 Holiday Break</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>
<p>27 Salisbury Steak Mashed Potatoes Dinner roll  Seasoned Carrots Chilled peaches Milk of choice</p>	<p>28 Turkey Nachos Mexicali pinto beans Fiesta rice Cherry tomatoes Banana 100% Fruit Juice Milk of Choice</p>	<p>29 Smothered Diced Chicken Over rice Philly Steak wrap Seasoned Broccoli Carrot sticks Chilled Peaches Milk of Choice</p>	<p>30 Pepperoni Pizza Casserole Dinner roll Cheese pizza Tossed salad Green beans 100% Fruit Juice Milk of Choice</p>	



Locally Grown

