



# November 2018 PCA Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Nuggets Corn Pears	2 Cheese Pizza Celery Oranges
5 Pancakes Yogurt Applesauce	6 French Dip Sandwich Cantaloupe Cucumber Slices	7 Ham & Cream Cheese Bagels Green Beans Grapes	8 Lasagna French Bread Salad Peaches	9 <b>VETERAN'S DAY ASSEMBLY</b> <b>10am</b> <b>SACK LUNCH</b>
12 <b>CLOSED</b>	13 Hot Dogs Potato Chips Orange Slices	14 Bar B Q Meatballs Corn Fruit Cocktail	15 French Toast Sticks Yogurt Mixed Berries	16 Cheeseburger Pickles Apple Slices
19 Soft Tacos Lettuce Tomatoes Peaches	20 <b>THANKSGIVING FEAST</b> <b>11:30</b>	21 <b>CLOSED</b>	22 <b>CLOSED</b>	23 <b>CLOSED</b>
26 Tomato Soup String Cheese Strawberries	27 Egg Rolls Rice Broccoli Pineapple	28 Fish Sticks Tater tots Green Beans Grapes	29 Chicken Fingers Corn Mandarin Oranges	30 Turkey Sandwich Cumpers Fruit Cocktail

\*Each lunch will have the following- meat or meat alternative, grain or bread, 1 vegetable and 1 fruit or 2 vegetables or 2 fruits, and milk..

\*Water will be available at all times of the day.

Food Fun Facts:

- [Turkeys](#) can run at speeds of up to 25 miles per hour and fly as fast as 55 miles per hour
- Baby turkeys, called poults, eat berries, seeds and insects, while adults have a more varied diet that can include acorns and even small reptiles.

