

**SWALLOW SCHOOL
November 2017 Lunch Menu**

		<p>1</p> <p>1 BBQ Riblet</p> <p>2 Chicken Patty on a Bun</p> <p>3 Combo Sub</p> <p>Potato Wedges Green Beans</p> <p>Fruit & Vegetable Bar Included with Lunch</p>	<p>2 Pizza Thursday</p> <p>1 Cheese or Sausage Pizza</p> <p>2 Burger/Cheeseburger</p> <p>3 Ham & Cheese Pinwheels</p> <p>Pasta Green Pea Salad</p> <p>Fruit & Vegetable Bar Included with Lunch Bar</p>	<p>3</p> <p>1 Mini Corn Dogs</p> <p>2 Meatball Sub</p> <p>3 Yogurt Pak</p> <p>Curried Rice Crinkle Cut Carrots</p> <p>Fruit & Vegetable Bar Included with Lunch Bar</p>
<p>6</p> <p>1 Macaroni & Cheese</p> <p>2.Chicken Parm Sandwich</p> <p>3 Taco Salad</p> <p>Roasted Vegetables</p> <p>Fruit & Vegetable Bar Included with Lunch</p>	<p>7</p> <p>1 Baked Chicken Drumsticks</p> <p>2 Burger/Cheeseburger</p> <p>3 Crispy Chicken Wrap</p> <p>Baked Potatoe Half Green Bean Casserole</p> <p>Fruit & Vegetable Bar Included with Lunch</p>	<p>8</p> <p>1 Soft Shell Tacos</p> <p>2. Chicken Patty on a Bun</p> <p>3 Combo Sub</p> <p>Black Beans & Rice Fiesta Corn</p> <p>Fruit & Vegetable Bar Included with Lunch</p>	<p>9 Pizza Thursday</p> <p>1 Cheese or Pepperoni Pizza</p> <p>2 Burger/Cheeseburger</p> <p>3 Ham & Cheese Pinwheels</p> <p>Garlic Toast Broccoli Salad</p> <p>Fruit & Vegetable Bar Included with Lunch</p>	<p>10</p> <p>1 Hot Dog on a Bun</p> <p>2 Meatball Sub</p> <p>3 Yogurt Pak</p> <p>3 Bean Chili Corn Chips Rice Krispy Treat</p> <p>Fruit & Vegetable Bar Included with Lunch</p>
<p>13</p> <p>1 Chicken Sticks</p> <p>2 Chicken Parm Sandwich</p> <p>3 Taco Salad</p> <p>Sweet Potatoes Warm Cinnamon Apples</p> <p>Fruit & Vegetable Bar Included with Lunch</p>	<p>14</p> <p>1 Grilled Cheese Sandwich</p> <p>2 Burger/Cheeseburger</p> <p>3 Crispy Chicken Wrap</p> <p>Tomato Soup Tator Tots Cookie</p> <p>Fruit & Vegetable Bar Included with Lunch</p>	<p>15</p> <p>1 Italian Pasta Bake</p> <p>2 Chicken Patty on a Bun</p> <p>3 Combo Sub</p> <p>Italian Green Beans Dinner Roll</p> <p>Fruit & Vegetable Bar Included with Lunch</p>	<p>16 Pizza Thursday</p> <p>1 Cheese Pizza</p> <p>2 Burger or cheeseburger</p> <p>3 Ham & Cheese Pinwheels</p> <p>Oodles of Noodles Mixed Vegetables</p> <p>Fruit & Vegetable Bar Included with Lunch</p>	<p>17</p> <p align="center">Early Release</p> <p align="center">No Lunch Served</p>
<p>20</p> <p>1 Cheesebread w/Marinara</p> <p>2 Chicken Parm Sandwich</p> <p>3 Taco Salad</p> <p>Breadstick</p> <p>Fruit & Vegetable Bar Included with Lunch</p>	<p>21</p> <p>1 Salisbury Steak with Gravy</p> <p>2 Burger/Cheeseburger</p> <p>3 Crispy Chicken Wrap</p> <p>Potatoes with Gravy Butternut Squash Churro</p> <p>Fruit & Vegetable Bar Included with Lunch</p>	<p>22</p> <p align="center">No School</p>	<p>23</p> <p align="center">Happy Thanksgiving!</p>	<p>24</p> <p align="center">No School</p>
<p>27</p> <p>1 Chicken Strips</p> <p>2 Chicken Parm Sandwich</p> <p>3 Taco Salad</p> <p>Baked Fries</p> <p>Fruit & Vegetable Bar Included with Lunch</p>	<p>28</p> <p>1. Beefy Nachos with Cheese</p> <p>2. Burger/Cheeseburger</p> <p>3. Crispy Chicken Wrap</p> <p>Frijoles Mexicali Corn</p> <p>Fruit & Vegetable Bar Included with Lunch</p>	<p>29</p> <p>1 Chicken Alfredo</p> <p>2 Chicken Patty on a Bun</p> <p>3 Combo Sub</p> <p>Rotini Pasta Birthday Cake</p> <p>Fruit & Vegetable Bar Included with Lunch</p>	<p>30 Pizza Thursday</p> <p>1 Cheese or Sausage Pizza</p> <p>2 Burger/Cheeseburger</p> <p>3 Ham & Cheese Pinwheels</p> <p>Breadstick</p> <p>Fruit & Vegetable Bar Included with Lunch</p>	<p>1 French Toast Friday</p> <p>1 French Toast Sticks Scrambled Eggs</p> <p>2 Meatball Sub</p> <p>3 Cheese & Crackers</p> <p>Fruit & Vegetable Bar Included with Lunch</p>

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