

November 2018

Logan-Magnolia School

LUNCH



Menu items subject to change. Milk is offered daily with Lunch. 7th – 12th grade offered Salad Bar daily unless noted on the menu. **EQUAL OPPORTUNITY EMPLOYER**



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



5 Salisbury Steak w/Mashed Potatoes & Gravy, Green Beans, Fruit, Pumpkin Bars

6 Chicken Alfredo, Lettuce/Romaine, Fruit, WG Bread Stick

7 Pork Patty on WG Bun, Potato Wedges, Corn, Fruit

1 Popcorn Chicken, Tri Tator, Carrots, Fruit

2 No School

12 Cheesy Pepperoni, Potato Wedges, Carrots, Fruit

13 Egg Patty, Pancake Sausage Bite, Tri Tator, Fruit, Muffin

14 Chili Chip w/fixings, Corn, Fruit, WG Cinnamon Roll
No Salad Bar

15 Pizza Dippers, Smiles, Broccoli, Fruit

16 Burrito, Hummus w/Chips & Salsa, Corn, Fruit

19 Turkey Gravy w/Mashed Potatoes, Dressing, Sweet Potatoes, Cranberry Jello, Fruit, WG Roll

20 Chicken Nuggets w/BBQ, Tri Tator, Green Beans, Fruit

21 No School

22 No School

23 No School

26 WG Mac & Cheese, Ham Patty, Peas, Fruit, Sweet Potato Biscuits

27 Sub-sandwich w/fixings, Baked Chips, Fresh Veggies w/ RC Ranch Cup, Fruit, WG Cookie
No Salad Bar

28 Chicken Patty w/WG Bun, Hashbrown, Corn, Fruit

29 Pork Patty w/Mashed Potatoes & Gravy, Broccoli, Fruit, WG Roll

30 Mr. Rib on WG Bun, Tri Tator, Green Beans, Fruit