

**Lauderdale County Schools
4th-12th grades
Lunch Menu
November 2008**

**Menus are subject to change due to product availability*

3 Pizza Cheeseburger French Fries Sandwich Trimmings Applesauce Cookie Choice of Milk	4 Baked Ham Chicken Breast Fillet Garden Salad w/ Dressing Green Beans Orange Sections Roll Choice of Milk	5 Hamburger Steak w/gravy Whipped Potatoes Green Peas Bananas Grapes Roll Choice of Milk	6 Chili Pie Corn Nibbles Pear Halves Pineapple Tidbits Choice of Milk	7 Corndog Sandwich School's Choice Vegetable Soup Celery Sticks w/ dip Peaches Fruit Mix Cookie Choice of Milk
10 Chicken Fajitas Pizza Cup of Trimmings French Fries Banana Cookie Choice of Milk	11 Steak Fingers Fish Fillet Broccoli Bites Blackeye Peas Orange Sections Roll Choice of Milk	12 Spaghetti Green Beans Pineapple Tidbits Grapes Roll Choice of Milk	13 Chicken Tenders Whipped Potatoes Green Peas Peaches Roll Choice of Milk	14 Grilled Chicken Sandwich BBQ Pork Riblet on Bun Baked Beans Fresh Vegetable Cup w/ dip Pear Halves Cookie Choice of Milk
17 Hot Dog Pizza Tater Tots Carrot Sticks Peaches Cookie Choice of Milk	18 Taco's w/ Trimmings Corn Nibbles Grapes Banana Choice of Milk	19 THANKSGIVING MEAL Roasted Turkey Cornbread Dressing Whipped Potatoes Green Beans Cranberry Sauce Roll Choice of Milk	20 MENU SCHOOL'S CHOICE	21 Corndog Sandwich School's Choice Vegetable Soup Celery Sticks w/ dip Pineapple Tidbits Pear Halves Cookie Choice of Milk
24 Pizza Cheeseburger French Fries Sandwich Trimmings Banana Cookie Choice of Milk	25 Baked Ham Chicken Breast Fillet Green Beans Garden Salad w/ dressing Orange Sections Roll Choice of Milk	26 27 28 ..THANKSGIVING HOLIDAY....THANKSGIVING HOLIDAY..... NO SCHOOL.....NO SCHOOL.....NO SCHOOL.....		

Holiday Eating: a Matter of Moderation & Balance

Be Realistic- eat small low calorie meals during the day so you can enjoy celebration foods without overeating.

Be Active & Keep Moving- walk the aisles in the mall, play football or go hiking after a holiday gathering

Take the Edge off of Hunger-eat a small snack before arriving at you holiday gathering

Make one trip through the buffet line-choose foods you really want to eat and keep the portions small, often a taste satisfies a craving



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