

Offered Daily: Fruit, Juice, & Milk (1% unflavored or ff chocolate)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Breakfast Pizza Or Cereal/Yogurt	2 Sausage Corn Dog Or Cereal/Yogurt	3 Pop-Tart Or Cereal/Yogurt	4
5	6 Mini Choc. Donuts Or Cereal/Yogurt	7 Chicken Biscuit Or Cereal/Yogurt	8 Oatmeal/Toast Or Cereal/Yogurt	9 Biscuit & Gravy Or Cereal/Yogurt	10 Choc. Chip Muffin Or Cereal/Yogurt	11
12	13 Mini Pancake/Syrup Or Cereal/Yogurt	14 Breakfast Pizza Or Cereal/Yogurt	15 Sausage Biscuit Or Cereal/Yogurt	16 Blueberry Muffin Or Cereal/Yogurt	17 Breakfast Bun Or Cereal/Yogurt	18
19	20 Cereal Bar Or Cereal/Yogurt	21 Steak Biscuit Or Cereal/Yogurt	22 No School	23 No School	24 No School	25
26	27 Mini Blueberry Waffles/syrup Or Cereal/Yogurt	28 Benefit Bar Or Cereal/Yogurt	29 Chicken Biscuit Or Cereal/Yogurt	30 WG Biscuit & Gravy Or Cereal/Yogurt		

USDA IS AN EQUAL OPPORTUNITY AND EMPLOYER

Lunch Menu

November 2023

Galax Elementary

Offered Daily: Fruit & Milk (1% unflavored or chocolate)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Mac n Cheese or Salisbury Steak/Gravy Mashed Potatoes Green Beans Roll	2 Rib Patty w/Roll or Popcorn Chicken BBQ Sauce Baked Beans Broccoli & Cauliflower	3 Ham & Cheese Sub Carrots Chips Fruit	4
5	6 Enchilada or Burrito Fiesta Beans Spanish Rice Salsa Cup	7 Mini Corndogs or Pepperoni Pizza Broccoli w/Cheese Mixed Vegetables Cookie	8 Sloppy Joe or BBQ on WG Bun Broccoli/Cauliflower Salad French Fries	9 Chicken Fried Steak or Meatloaf/WG Roll Mashed Potatoes Pepper Gravy Asparagus	10 Chicken Bites or Cheeseburger/WG Bun Fresh Romaine & Cabbage mixed Green Beans	11
12	13 Chicken Taco Salad or Beef Taco Salad Fiesta Beans Salad	14 Chicken Fries or Breaded Cheese Sticks Peas Corn	15 Spaghetti/meat sauce/breadstick or Pizza Green Beans Caesar Salad	16 Chicken Strips or Grilled Cheese Broccoli Carrots	17 Turkey Mashed potatoes, Stuffing, Green Beans, Baked Apples, Rolls, & Desert	18
19	20 Chicken Sandwich or Fish Sandwich Sweet Potato Fries Peas Carrots	21 Deep-Dish Cheese Pizza Or Deep-Dish Pepperoni Pizza Corn on Cob or Green Beans	22 No School	23 No School	24 No School	25
26	27 Fish Sticks or Cheesy Bites Corn or Carrots Tartar Sauce or Marinara	28 BBQ Chicken on Bun or Hamburger Tater Wedges Baked Beans	29 Chicken Nuggets or Country Fried Steak/Pepper Gravy Steamed Broccoli Mashed Potatoes Roll	30 Cheese Quesadilla or Lasagna/Garlic Stick Tossed Salad Romaine Lettuce/Spinach Green Beans		

3rd Meal

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Monday: Cheez Its, Turkey Sticks, Sunflower Seeds/Craisins, Veggie Juice, & Milk	Tuesday: Fritos, Salsa, Cheese Sticks, Sunflower Seeds Apple Crisps, & Milk	Wednesday: Gold Fish, Veggie Juice, Beef Sticks, Sunflower Seeds, Craisin, & Milk	Thursday: Cereal Bar, Carrots, Sunflower Seeds, Cheese Sticks, Apple Crisps, & Milk	Friday: Tiger Grahams, Turkey Stick, Beef Stick, Sunflower Seeds, Craisins, Milk, & Veggie Juice
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