

November 2019

Greene County High School



Frances McGhee, Manager
Gloria Lyons, Cook
Linda Merriweather, Cook
Tina Cherry, Substitute Cook

Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right



Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Bites 1
Fries
Broccoli
Roll
Fruit
Milk

Stuffed Crust Pizza 4
Corn on the Cob
Carrots
Fruit
Milk

Baked Chicken 5
Mashed Potatoes w/Gravy
Pinto Beans
Cornbread
Fruit
Milk

Chicken Nachos 6
Lettuce/Tomatoes
Corn
Fruit
Milk

BBQ Pork Sandwich 7
Potato Wedges
Romaine Salad
Fruit
Milk

Mozzarella Sticks 8
Tossed Salad
Corn on Cob
Fruit
Milk

No School 11


Creamy Chicken Alfredo 12
Tossed Salad
Roll
Fruit
Milk

BBQ Chicken Sandwich 13
Potato Wedges
Corn on the Cob
Fruit
Milk

Taco Salad 14
Lettuce/Tomato
Black Beans
Fruit
Milk

Hot Dog 15
French Fries
Wheat Bun
Fruit
Milk

Chicken Fingers 18
Mashed Potatoes
Lima Beans
Roll
Fruit
Milk

Chili 19
Cheddar Cheese Cubes
Steamed Carrots
Crackers
Fruit
Milk

Cheeseburger 20
Lettuce/Tomatoes/Pickles
French Fries
Fruit
Milk

Turkey w/Dressing 21
Yams
Green Beans
Roll
Fruit
Milk

Pizza 22
Steamed Corn
Tossed Salad
Fruit
Milk

 25

 26

 27

 28

 29