

NOKOMIS LUNCH MENU

NOV. 2017

Variety of 1% low fat or fat free Milk served daily

Menus Are Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
		1 (M)Chop Suey (wg)garlic stick or (m,ma,wg)Turkey & Cheese Sub Salad Bar (f)Fresh Apple	2 (m,ma,rv, wg)Meat or Cheese Pizza Or (m,wg,rv)Sausage Sub Salad Bar (f)Mixed Fruit	3 (m, wg)Chicken Nuggets (ma)Mac & Cheese Salad Bar (f)Mandarin Oranges
6 (m)Beef & Gravy over Rice or (m,ma, wg)Ham & Cheese Sub Salad Bar (f)Applesauce	7 (m,ma,rv) Chickenburger on (wg)HB Bun (b)Baked Navy Beans Salad Bar (f)Pineapple tidbits	8 (m,ma,rv, wg)Meat or cheese Pizza Salad Bar (f)Pears	9 (m, wg)Chicken Nuggets (sv)Potato Puffs Salad Bar (f)Peaches	10 VETERAN'S DAY
13 (m)Diced Chicken & Gravy over Rice (m,ma, wg)Turkey sub Salad Bar (f)Fresh Apple	14 (m)Hot Dog on a (wg)HD Bun (b)Baked Navy Beans (f)Peaches	15 (m,ma)Cheeseburger on a wg HB bun Salad Bar (f)Mandarin Oranges	16 Thanksgiving Dinner (m)Turkey/gravy (sv)Mashed Potato (sv,ov)Peas/Squash (wg)Stuffing (f)Cranberry Sauce (f)Applecrisp	17 (m, wg)Chicken Nuggets (wg,av) Fried Rice (f)Mixed Fruit
20 (m)BBQ Pork Rib on (wg)hamburger bun (m,ma, wg)Ham & Cheese Sub (sv)French Fries (f) Pineapple tidbits	21 (m)Chickenburger (wg)hamburger Bun (ov)Green Beans (f)Peaches	22 VACATION	23 THANKSGIVING	24 The Maine Dept of Education and the USDA is an Equal Opportunity Provider & Employer
27 (m,ma)Cheeseburger on (wg)a HB bun (m)Fishburger (sv)Potato Puffs (f)Pears	28 (m,m,rv, wg)Meat or Cheese Pizza Salad Bar (f)Pineapple Tidbits	29 (m,ma)Taco Meat & Cheese over Tortilla chip (m,ma)Turkey Sub (b)Refried Beans Salad Bar (f)Fresh Apple	30 (m,a)Grilled Ham & Cheese (rv)Tomato Soup Salad Bar f)Fresh Orange wedges	December 1 (m, wg)Chicken Nuggets (ov)Mashed Potato with Gravy Salad Bar (f)Peaches

(M,MA) =meat, meat alternate (WG) = whole grain (GV) =green veg (RO) =orange/red veg (SV) = starchy veg
 (B) = beans/legumes (OV) = Other veg (F) = fruit