



NOVEMBER | 2018

FAMU DRS MIDDLE SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Alfredo Veggie Cup Fajita Wrap Sweet Peas PB&J Sand. Yogurt Plate Assorted Fruit/Juice	2 Pulled Pork Sandwich Buffalo Chicken Wrap Baked Beans Oven Baked Tots PB&J Sand Yogurt Plate Cheese/Veggie Quesadilla Glazed Carrots Assorted Fruit/Juice
5 Chicken Nuggets Steamed Broccoli Peanut Butter & jelly sand Glazed Carrots Oven Baked Tots Garden Side Salad Carrot Snack Roll Assorted Fruit/Juice	6 Mini Chicken Corn Dog PB&J Sandwich Yogurt Plate Baked Beans Veggie Blend Carrot Snack Pack Romaine/Spinach Salad Assorted Fruit/Juice	7 Popcorn Chicken Peanut butter & Jelly combo Veggie Chef Salad Turnip Greens Fresh Glazed Sweet Potato Tomato & Cucumber Cup Roll Assorted Fruit/Juice	8 Chicken Fajita Meat and Cheese Sandwich Peanut butter & Jelly Sand. Salsa Onion/ Green peppers Black Bean Garden side Salad Brown Rice Assorted Fruit/Juice	9 UNITY FEAST MEAL BAKED TURKEY GLAZED HAM DRESSING W GRAVY
12 	13 Beef Nacho Cheese Nacho Steamed Broccoli Refried Beans Peanut Butter & jelly Lettuce/Tomato Carrot snack pack Buffalo Chicken wrap Assorted Fruit/Juice	14 Salisbury Steak W/Gravy Brown Rice Black Eyed Peas Vegetables Blend PB&J Sandwiches Yogurt Plate Veggie Cup Carrot Snack Fruit/Juice	15 Oven Roasted Chicken Mashed Potatoes w/gravy Fresh Collard Greens Corn Bread Glazed Sweet Potatoes Hot Rolls Assorted Fruit/Juice	16
19 THANKSGIVING HOLIDAY	20 THANKSGIVING HOLIDAY	21 THANKSGIVING HOLIDAY	22 HAPPY THANKSGIVING DAY 	23 BLACK FRIDAY
26 Chicken Nuggets Steamed Broccoli Peanut Butter & jelly sand Glazed Carrots Oven Baked Tots Garden Side Salad Carrot Snack Roll Assorted Fruit/Juice	27 Mini Chicken Corn Dog PB&J Sandwich Yogurt Plate Baked Beans Veggie Blend Carrot Snack Pack Romaine/Spinach Salad Assorted Fruit/Juice	28 Popcorn Chicken Peanut butter & Jelly combo Veggie Chef Salad Turnip Greens Fresh Glazed Sweet Potato Tomato & Cucumber Cup Roll Assorted Fruit/Juice	29 Chicken Fajita Meat and Cheese Sandwich Peanut butter & Jelly Sand. Salsa Onion/ Green peppers Black Bean Garden side Salad Brown Rice Assorted Fruit/Juice	30 Chicken Patty/WG Bun Peanut butter & Jelly sand Yogurt Plate Lettuce Seasoned corn on cob Carrot snack pack Green Beans Assorted Fruit/Juice

News

Menu Choose:
Choose up to 2 Fruit servings daily: Fresh fruit and chilled fruit cup or Fresh fruit and 100% Juice of chilled Fruit cup and 100% Juice or Two fresh fruit cup.
We offer daily for lunch
Choose 1:



Choose 1-8 oz. serving Milk daily:
 ➤ **1 % low fat white Skim Chocolate Milk**

MENU IS SUBJECT TO CHANGE