

# November 2018

## Somis Union School

### LUNCH

Menu subject to substitution. All meals are free to all students. Lunch is served with choice of 1% regular or nonfat TruMoo chocolate milk. Milk and water are sold daily during the school day. Please contact us if you have questions or concerns.

This establishment is an equal opportunity employer.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



1  
Staff Development Day  
  
No School

2  
Pizza Day!  
Salad w/dressing  
Fruit  
Milk  
Dessert

5  
Mac-n-Cheese  
Breadsticks  
Fruit and Beans  
Milk

6  
Sub Sandwiches  
Goldfish Crackers  
Fruit and Veggies  
Milk

7  
Taco Bowls  
Rice and Beans  
Fruit  
Milk

8  
Chicken Nuggets  
Baked Fries  
Fruit  
Milk

9  
Pizza Day!  
Salad w/dressing  
Fruit  
Milk  
Dessert

12  
Veteran's Day  
  
No School

13  
Chicken and Gravy  
Mashed Potatoes  
Country Biscuit  
Fruit and Veggies  
Milk

14  
Chicken and Rice  
Burritos  
Fruit and Beans  
Milk and Grahams

15  
Corndogs  
Fruit  
Veggies  
Milk

16  
Pizza Day!  
Salad w/dressing  
Fruit  
Milk  
Dessert

19  
Fall Break  
No School This Week

20

21

22  
Happy Thanksgiving



26  
BBQ Beef Sandwich  
Fruit  
Veggies  
Milk

27  
Spaghetti  
Garlic Bread  
Fruit and Veggies  
Milk

28  
Cheeseburgers  
Baked Fries  
Fruit  
Milk

29  
Bean and Cheese  
Burritos  
Fruit and Spanish Rice  
Milk

30  
Pizza Day!  
Salad w/dressing  
Fruit  
Milk  
Dessert