



ROCK CREEK ELEMENTARY

LINDA GOODMAN, MANAGER

November 2009



A La Carte

SACK LUNCH OFFERED DAILY

YOGURT MEAL M & F

BAKED POTATO TUE-THUR

CHEF SALAD WED

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Monday	Tuesday	Wednesday	Thursday	Friday
GRILLED CHEESE SANDWICH VEGETABLE SOUP CRACKERS FRUITCUP MILK BF: BREAKFAST PIZZA JUICE / MILK 2	CHICKEN NUGGETS ROLL MASHED POTATOES PEAS & CARROTS MILK BF: SAUSAGE / BISCUIT JUICE / MILK 3	SPAGHETTI W / MEATBALLS BREAD STICKS SALAD GREEN BEANS MILK BF: CEREAL / MUFFIN JUICE / MILK 4	HAMBURGERS / BUN LETTUCE / TOMATO/ PICKLE / ONION OVEN FRIES PEACHES MILK BF: PANCAKES / SYRUP JUICE / MILK 5	CHEESE PIZZA SALAD CORN MILK RICE KRISPY SQUARE BF: CINNAMON ROLL JUICE / MILK 6
ROASTBEEF / GRAVY ROLL MASHED POTATOES MIXED VEGETABLE MILK BF: CEREAL / TOAST STICKS / JUICE / MILK 9	ITALIAN DUNKERS SALAD CORN MILK BF: PANCAKE ON STICKS / SYRUP JUICE / MILK 10	BAKED HAM ROLL SCALLOPED POTATOES GREEN BEANS MILK BF: CHEESE OMELET TOAST / JUICE / MILK 11	BEEFY CHEESY NACHOS REFRIED BEANS MIXED FRUIT MILK BF: CEREAL / CINNAMON RAISIN BISCUIT JUICE / MILK 12	BBQ PORK ON BUN PICKLES BAKED BEANS TATER TOTS MILK BF: FRENCH TOAST SYRUP / JUICE / MILK 13
TACO SALAD CORN BREAD PINTO BEANS SALSA MILK BF: CEREAL CINNAMON TOAST / JUICE / MILK 16	GRILLED CHEESE SANDWICH CHILI CRACKER FRUITCUP MILK BF: HAM / BISCUIT JUICE / MILK 17	TURKEY & DRESSING ROLL GREEN BEANS SWEET POTATOES CRANBERRY SAUCE MILK COOKIE BF: BREAKFAST PIZZA JUICE / MILK 18	CHICKEN STRIPS ROLL MACARONI & CHEESE BROCCOLI PINEAPPLE CHUNKS MILK BF: SCRAMBLED EGGS TOAST / JUICE / MILK 19	SLOPPY JO'S PICKLES BAKED BEANS SMILEY POTATOES MILK BF: CINNAMON ROLL JUICE / MILK 20
CHEESEBURGER LETTUCE/TOMATO/ PICKLE POTATO WEDGE FRUITCUP MILK BF: CEREAL / TOAST STICKS / JUICE / MILK 23	PEPPERONI PIZZA SALAD CORN MILK PUDDING BF: SAUSAGE / BISCUIT JUICE / MILK 24	NO SCHOOL THANKGIVING BREAK 25	HAPPY TURKEY DAY 26	27
CHICKEN SANDWICH LETTUCE OVEN FRIES PINEAPPLE CHUNKS MILK BF: CEREAL / DONUTS JUICE / MILK 30	<i>Guess What?</i> On November 26, 1789, President George Washington proclaimed the first national Thanksgiving Day in the United States.			

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