

November 2011 SECONDARY MENU



LITTLE ROCK SCHOOL DISTRICT

Subject to change due to availability of food supply


AVAILABLE DAILY

BOWL PACK CEREAL
W/ TOAST
(breakfast)

LOW-FAT MILK CHOICES
(breakfast and lunch)



Featured Specials of the Day

Tuesday, November 1
BREAKFAST PIZZA—FRUIT JUICE

CHICKEN STRIPS W/ ROLL
SEASONED BROCCOLI **OR**
CHEF SALAD W/ CRACKERS
MIXED FRUIT
CHOCOLATE CHIP COOKIE

Wednesday, November 2
KOLACHI— PEARS

BEEF SOFT TACOS **OR**
HOT POCKET
LETTUCE/TOMATO/CHEESE CUP **OR**
REFRIED BEANS
VANILLA PUDDING

Thursday, November 3

**PROFESSIONAL DEVELOPMENT
NO SCHOOL**

Friday, November 4

**PROFESSIONAL DEVELOPMENT
NO SCHOOL**

Featured Specials of the Day

Monday, November 7
SAUSAGE ROLL—FRUIT JUICE

TURKEY CORNDOG **OR** PIZZA
MIXED VEGETABLES **OR** FRENCH FRIES
PINEAPPLE
VANILLA WAFERS

Tuesday, November 8
BLUEBERRY MINI LOAF W/ YOGURT—APPLE

CHICKEN SPAGHETTI W/ ROLL **OR**
FISH ON BUN
SEASONED BROCCOLI **OR** COLESLAW
CHERRY APPLESAUCE
PUDDING CUP

Wednesday, November 9
GRILLED CHEESE—PINEAPPLE

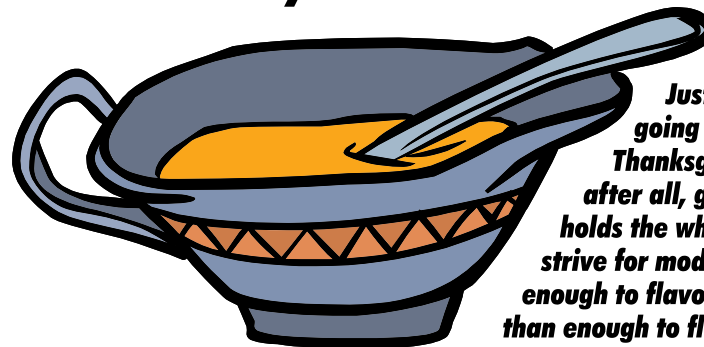
HAMBURGER ON WHEAT BUN **OR**
CHICKEN QUESADILLA
TOSSED SALAD **OR**
BLACK BEANS
ORANGE
CHOCOLATE CHIP COOKIE

FIT FAT

WANNA STAY FIT?

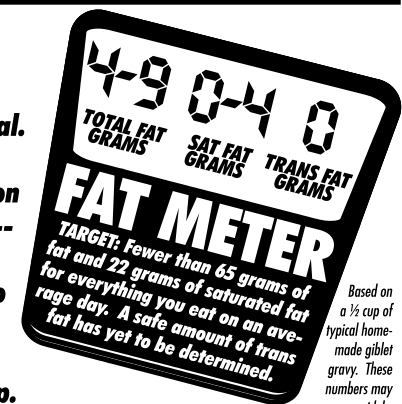
FIGHT THE FAT!

ITEM: Gravy VERDICT: Does it matter?



TIP: Let's be real.

Just about everybody is going to slurp some gravy on Thanksgiving. And that's OK -- after all, gravy's the glue that holds the whole meal together! So strive for moderation -- take just enough to flavor your food, rather than enough to float a large cruise ship.



Based on a 1/2 cup of typical home-made giblet gravy. These numbers may vary widely.

Featured Specials of the Day

Thursday, November 10

PANCAKE
TURKEY SAUSAGE LINKS
FRUIT JUICE

PEPPERONI PIZZA ON WHEAT CRUST
GOLDEN CORN **OR**
CHEF SALAD W/ CRACKERS
MIXED FRUIT—VANILLA WAFERS

Friday, November 11

OMELET FRITTATA—PEACHES

DELI TURKEY & CHEESE ON BUN
OR SALISBURY STEAK W/ ROLL
CARROTS **OR** MASHED POTATOES W/ GRAVY
APPLE—ICE CREAM CUP

Monday, November 14

KOLACHI—FRUIT JUICE

MACHO NACHO **OR**
CHICKEN SALAD W/ CRACKERS
SEASONED PINTO BEANS **OR**
PICKLE SPEARS/TOMATO SLICES
ORANGE
GRAHAM CRACKERS

Tuesday, November 15

BREAKFAST BURRITO—ORANGE

CHICKEN NUGGETS W/ ROLL
ENGLISH PEAS **OR**
ROMAINE CHEF SALAD W/ CRACKERS
APPLE
OATMEAL COOKIE

Wednesday, November 16

FRENCH TOAST STICKS
TURKEY SAUSAGE LINKS
FRUIT JUICE

STEAK FINGERS W/ ROLL **OR**
CHICKEN BEAN BURRITO
TATER TOTS **OR** MEXICALI CORN
PEACHES
VANILLA WAFERS

Featured Specials of the Day

Thursday, November 17

BREAKFAST PIZZA
PEARS

TURKEY & DRESSING W/ CRANBERRY SAUCE
HOMEMADE ROLL
MIXED GREENS
CANDIED YAMS **OR**
CHEF SALAD W/ CRACKERS
MANAGER'S CHOICE COOKIE

Friday, November 18

SAUSAGE BISCUIT—CONFETTI FRUIT

CHICKEN SANDWICH ON WHEAT BUN **OR** PIZZA
BAKED SWEET POTATO **OR** FRENCH FRIES
GRAPES
BROWNIE

Monday, November 21

FRUDEL—FRUIT JUICE

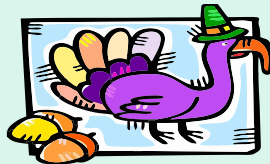
CHEESE PIZZA ON WHEAT CRUST **OR** CHICKEN STRIPS W/ ROLL
ROMAINE SALAD **OR** BROCCOLI
PEARS HALVES
OATMEAL RAISIN COOKIE

Tuesday, November 22

BREAKFAST HOT POCKET—APPLE

BEEFARONI W/ ROLL—MIXED GREENS **OR**
CHEF SALAD W/ CRACKERS
PINEAPPLE
VANILLA WAFERS

Thanksgiving Break



See you back

here on

Monday,

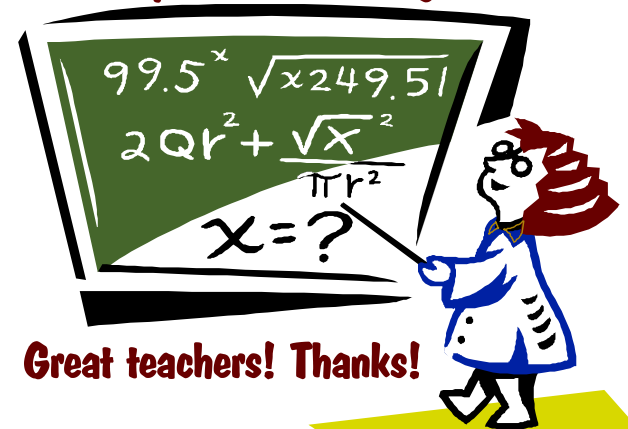
Nov. 28!

Monday, November 28

FRENCH TOAST STICKS
TURKEY SAUSAGE LINKS
ORANGE

GRILLED CHEESE ON WHEAT
OR CHICKEN SPAGHETTI W/ BREADSTICK
VEGETABLE SOUP **OR** GREEN BEANS
APPLE
SHERBET

The simple formula for great learning?



Great teachers! Thanks!

American Education Week, Nov. 13-19

Featured Specials of the Day

Tuesday, November 29

BREAKFAST PIZZA
FRUIT JUICE

SALISBURY STEAK W/ ROLL
MASHED POTATOES W/ GRAVY **OR**
CHEF SALAD W/ CRACKERS
MIXED FRUIT
CAKE W/ ICING

Wednesday, November 30

KOLACHI
PEARS

BAKED CHICKEN W/ ROLL **OR**
VEGGIE BURGER ON BUN
MASHED POTATOES W/ GRAVY **OR**
SWEET POTATO FRIES
PEACHES
VANILLA WAFERS

17 BY THE NUMBERS
EVERY TON OF RECYCLED PAPER SAVES
17 TREES, EACH OF WHICH CAN ABSORB
13 POUNDS OF CARBON DIOXIDE A YEAR

Please see reverse
for items available daily