November 2019

Vinalhaven School

LUNCH

Early Release: 11/1 @ noon

No school: 11/11, 11/27, 11/28, 11/29

Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Bag lunches Early Release @ noon
4 Homemade mac and chees With Ham Alt: PB & Fluff Broccoli Fruit	5 Cheeseburgers Alt: Grilled Cheese Lettuce, Tomato, Coleslaw Fruit	6 Chicken Nachos Alt: Cheese Nachos Corn and Black Beans Salsa and Sour Cream Fruit NATIONAL NACHO DAY!!!!!	7 Corn Dogs Alt: Grilled Cheese Smiley Fries Fruit	8 Meat Pizza Alt: Cheese Pizza Caesar Salad Fruit
11 VETERAN'S DAY NO SCHOOL HAPPY BIRTHDAY, DAWNE!!	12 Chicken Burger Alt: Tuna Sub Carrots, tator tots Fruit	13 Chili & Cornbread Alt: Grilled Cheese Side salad Fruit	14 Ham Italian Alt: Turkey Italian Let, Tom, Pickles, Bl Olives Fruit National Pickle Day!!!	15 Buffalo Chicken Pizza Alt: Cheese Pizza Raw veggie Fruit
18 Chop Suey Alt: PB & Fluff Green Beans Fruit	19 Pulled Pork Sandwich Alt: Grilled Cheese Coleslaw, Onion Rings Fruit	20 Shepard's Pie Alt: Ham & Cheese Sandwich Mashed Potatoes Fruit	21 Grilled Cheese w/ Tomato soup Alt: Grilled Cheese w/ chicken noodle soup Broccoli Fruit	22 Pepperoni Pizza Alt: Cheese Pizza Caesar Salad Fruit
25 Thanksgiving Dinner	26 Chef's choice	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL