



HEAD START/ FAMILY LITERACY

# NOVEMBER 2019

FLORENCE SCHOOL DISTRICT 3

There is Always, Always Something  
to be Thankful for!  
Let it be your Family and Vegetables  
this year!

Monday

Tuesday

Wednesday

Thursday

Friday

1

Chili Dog on WW Bun  
Seasoned Tater Tots  
Cole Slaw  
Chilled Mandarin Orange Cup  
Sidekick

4

Chicken Nuggets  
Seasoned Oven Fries  
Cut Green Beans  
WW Breadstick  
Sliced Peaches  
Assorted Fresh Fruit

5

Salisbury Steak  
Brown Rice W/ Gravy  
Collard Greens  
Stewed Tomatoes  
Tropical Fruit Mix  
Fruit Juice

6

Pizza  
Whole Kernel Corn  
Tossed Salad  
Pineapple Tidbits  
Assorted Fresh Fruit

7

Mexican Nachos W/ Salsa  
Lettuce/ Tomato/ Cheese  
Refried Beans  
Steamed Carrots  
Diced Pears  
Assorted Fresh Fruit

8

Sub Sandwich on WW Bun  
W/ Pickle Slices  
Lettuce & Tomato  
Baked Lays Potato Chips  
Cucumber Coins W/ Dip  
Sidekicks  
Chilled Mandarin Orange Cup

11

Spaghetti w/Meat Sauce  
W/ Garlic Breadstick  
Romaine Side Salad  
Carrot Sticks W/ Dip  
Chilled Fruit Cup  
Fruit Juice

12

Orange Chicken Rice Bowl  
W/ Breadstick  
Steamed Broccoli  
Celery Sticks w/Dip  
Fresh Apple  
Tropical Fruit Mix

13

Cheeseburger on WW Bun  
Lettuce & Tomato  
Cut Green Beans  
Baked Beans  
Applesauce  
Fruit Juice

14

Nachos w/Chili  
Tomato & Cucumber Salad  
Glazed Carrots  
Pineapple Tidbits  
Assorted Fresh Fruit

15

Chicken Tenders  
Sweet Potato Fries  
Green Sweet Peas  
WW Yeast Roll  
Sidekick  
Chilled Peach Cup

18

Chili Dog on WW Bun  
Cole Slaw  
Baked Beans  
Chilled Mandarin Orange Cup  
Assorted Fresh Fruit

19

Spaghetti w/Meat Sauce  
Green Sweet Peas  
Steamed Squash  
Yeast Roll  
Pineapple Tidbits  
Fresh Apple Slices

20

BBQ Pork on Bun  
Steamed Broccoli w/Cheese Sauce  
Whole Kernel Corn  
Kidney Beans  
Applesauce  
Fresh Tangerine

THANKSGIVING FEAST

21

Roasted Turkey or Baked Chicken  
Brown Rice w/ Gravy  
Green Beans  
Candied Yams  
Cranberry Sauce  
Roll  
Baked Apples  
Sherbet  
Fresh Fruit

22

Chicken Nuggets  
Celery Sticks w/Ranch Dip  
Sweet Potato Fries  
Yeast Roll  
Diced Pears  
Fresh Grape Cup

25

26

27

28

29

# THANKSGIVING BREAK!

Menus are Subject to change based on availability.

"This institution is an equal opportunity provider."

Milk Choice Daily: Flavored Low-Fat, 1% White, Skim White, Fat Free Chocolate, Fat Free Vanilla, Fat Free Strawberry  
Adult Meal for Lunch - \$3.85

HAPPY THANKSGIVING TO ALL





K-8 GRADES

# NOVEMBER 2019

## FLORENCE SCHOOL DISTRICT 3

There is Always, Always Something  
to be Thankful for!  
Let it be your Family and Vegetables  
this year!

Monday

Tuesday

Wednesday

Thursday

Friday

4  
Chicken Nuggets  
Or  
Chef Salad  
w/Jelly & Cheese Stick  
Seasoned Oven Fries  
Cut Green Beans  
WW Breadstick  
Sliced Peaches  
Assorted Fresh Fruit

5  
Salisbury Steak  
Or  
Chef Salad  
Brown Rice w/Gravy  
Collard Greens  
Stewed Tomatoes  
Tropical Fruit Mix  
Fruit Juice

6  
Pizza  
Or  
Chef Salad  
Peanut Butter w/ Jelly & Cheese Stick  
Whole Kernel Corn  
Tossed Salad  
Pineapple Tidbits  
Assorted Fresh Fruit

7  
Mexican Taco w/Salsa  
Lettuce/Tomato/Cheese  
Or  
Chef Salad  
Peanut Butter w/ Jelly & Cheese Stick  
Refried Beans  
Steamed Carrots  
Diced Pears  
Assorted Fresh Fruit

1  
Hot Dog w/Chili on WW Bun  
Or  
Chef Salad  
Seasoned Tater Tots  
Cole Slaw  
Chilled Mandarin Orange Cup  
Sidekick

8  
Sub Sandwich on WW Bun  
w/Pickle Slices  
Or  
Chef Salad  
Lettuce & Tomato  
Baked Lays Potato Chips  
Cucumber Coins w/Dip  
Sidekick  
Chilled Mandarin Orange Cup

11  
Meatball Marinara over Spaghetti  
w/Garlic Breadstick Or  
Chef Salad  
Or  
Peanut Butter w/Jelly & Cheese Stick  
Romaine Side Salad  
Carrot Sticks w/Dip  
Chilled Fruit Cup  
Fruit Juice

12  
Orange Chicken Rice Bowl  
w/Breadstick  
Or  
Chef Salad  
Steamed Broccoli  
Celery Sticks w/Dip  
Fresh Apple  
Tropical Fruit Mix

13  
Cheeseburger on WW Bun  
Lettuce & Tomato  
Or  
Chef Salad  
Or  
Peanut Butter w/ Jelly & Cheese Stick  
Cut Green Beans  
Baked Beans  
Applesauce  
Fruit Juice

14  
Nachos w/Chili  
Or  
Chef Salad  
Or  
Peanut Butter w/ Jelly & Cheese Stick  
Tomato & Cucumber Salad  
Glazed Carrots  
Pineapple Tidbits  
Assorted Fresh Fruit

15  
Chicken Tenders  
Or  
Chef Salad  
Sweet Potato Fries  
Green Sweet Peas  
WW Yeast Roll  
Sidekick  
Chilled Peach Cup

18  
Hot Dog w/Chili on WW Bun  
Or  
Chef Salad  
Or  
Peanut Butter w/Jelly & Cheese Stick  
Cole Slaw  
Baked Beans  
Chilled Mandarin Orange Cup  
Assorted Fresh Fruit

19  
Spaghetti w/Meat Sauce  
Or  
Chef Salad  
Green Sweet Peas  
Steamed Squash  
Yeast Roll  
Pineapple Tidbits  
Fresh Apple Slices

20  
BBQ Pork on Bun  
Or  
Chef Salad Or  
Peanut Butter w/Jelly & Cheese Stick  
Steamed Broccoli w/Cheese Sauce  
Whole Kernel Corn  
Kidney Beans  
Applesauce  
Fresh Tangerine

21  
THANKSGIVING FEAST  
Roasted Turkey or Baked Chicken  
Brown Rice w/ Gravy  
Green Beans  
Candied Yams  
Cranberry Sauce  
Roll  
Baked Apples  
Sherbet  
Fresh Fruit

22  
Chicken Nuggets  
Or  
Chef Salad  
Celery Sticks w/Ranch Dip  
Sweet Potato Fries  
Yeast Roll  
Diced Pears  
Fresh Grape Cup

25 26 27 28 29  
**THANKSGIVING BREAK!**

Menus are Subject to change based on availability.

"This institution is an equal opportunity provider."

Milk Choice Daily: Flavored Low-Fat, 1% White, Skim White, Fat Free Chocolate, Fat Free Vanilla, Fat Free Strawberry  
Adult Meal for Lunch - \$3.85

HAPPY THANKSGIVING TO ALL





# NOVEMBER 2019

JPT, REM, LLC, LCH (HIGH) FLORENCE SCHOOL DISTRICT 3

There is Always, Always Something to  
be Thankful for!  
Let it be your Family and Vegetables  
this year!

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Nuggets  
Or  
Assorted Pizza  
Seasoned Oven Fries  
Cut Green Beans  
WW Breadstick  
Sliced Peaches  
Assorted Fresh Fruit

4

Salisbury Steak  
Or  
Salad Bar  
Brown Rice w/Gravy  
Collard Greens  
Stewed Tomatoes  
Tropical Fruit Mix  
Fruit Juice

5

Pizza  
Or  
Sub Station  
Whole Kernel Corn  
Tossed Salad  
Pineapple Tidbits  
Assorted Fresh Fruit

6

Mexican Taco w/Salsa  
Lettuce/Tomato/Cheese  
Or  
Salad Bar  
Refried Beans  
Steamed Carrots  
Diced Pears  
Assorted Fresh Fruit

7

Hot Dog w/Chili on WW Bun  
Or  
Assorted Pizza  
Seasoned Tater Tots  
Cole Slaw  
Mandarin Orange  
Sidekick

1

Meatball Sub or  
Meatball Marinara over Rotini  
Or  
Assorted Pizza  
w/Garlic Breadstick  
Romaine Side Salad  
Carrot Sticks w/Dip  
Chilled Fruit Cup  
Fruit Juice

11

Orange Chicken Rice Bowl  
W/Breadstick  
Or  
Salad Bar  
Breadstick  
Steamed Broccoli  
Glazed Carrots  
Fresh Apple

12

Cheeseburger on WW Bun  
Or  
Sub Station  
Lettuce & Tomato  
Cut Green Beans  
Tomato & Cucumber Salad  
Applesauce  
Fruit Juice

13

Nachos w/Chili  
Or  
Salad Bar  
Whole Kernel Corn  
Pinto Beans  
Pineapple Tidbits  
Assorted Fresh Fruit  
Royal Brownie w/Icing

14

Chicken Tenders  
Or  
Assorted Pizza  
Sweet Potato Fries  
Green Sweet Peas  
WW Yeast Roll  
Sidekick  
Chilled Peach Cup

15

Hot Dog w/Chili on WW Bun  
Or  
Assorted Pizza  
Cole Slaw  
Baked Beans  
Chilled Mandarin Orange Cup  
Assorted Fresh Fruit

18

Tropical Fruit Mix  
Spaghetti w/Meat Sauce  
Or  
Salad Bar  
Green Sweet Peas  
Steamed Squash  
WW Cheesy Breadstick  
Pineapple Tidbits  
Fresh Apple Slices

19

BBQ Pork on Bun  
Or  
Sub Station  
Steamed Broccoli w/Cheese Sauce  
Kidney Beans  
Whole Kernel Corn  
Applesauce  
Fresh Tangerine

20

THANKSGIVING FEAST  
Roasted Turkey or Baked Chicken  
Brown Rice w/ Gravy  
Green Beans  
Candied Yams  
Cranberry Sauce  
Roll  
Baked Apples  
Sherbet  
Fresh Fruit

21

Hot Wings  
Or  
Assorted Pizza  
Celery Sticks w/Ranch Dip  
Sweet Potato Fries  
Yeast Roll  
Diced Pears  
Fresh Grape Cup

22

25

26

27

28

29

# THANKSGIVING BREAK!

Menus are Subject to change based on availability.

"This institution is an equal opportunity provider."

Milk Choice Daily: Flavored Low-Fat, 1% White, Skim White, Fat Free Chocolate, Fat Free Vanilla, Fat Free Strawberry  
Adult Meal for Lunch - \$3.85

## HAPPY THANKSGIVING TO ALL

