



November 2018

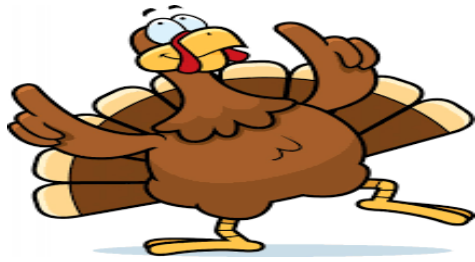
Lyman High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY



All meals include 1% White Milk or FF Chocolate Milk. All Juice is 100% Fruit Juice.
Lunch \$2.50 Breakfast \$1.50
Extra Milk \$.40
 This institute is an equal opportunity provider.



1
Sweet and Sour Chicken Rice and Roll
 Fresh Fruit & Vegetable Bar
Breakfast
 Muffin Mania
 Apple Crisp and Juice

5
Teriyaki Chicken Rice and Roll
 Fresh Fruit & Vegetable Bar
Breakfast
 Powder Donut
 Raisels and Juice

6
Taco Tuesday! Taco in a Bag
 Fresh Fruit & Vegetable Bar
Breakfast
 Bagel and Cream Cheese
 Craisins and Juice



7
Mashed Potato Chicken Bowl
 Fresh Fruit & Vegetable Bar
Breakfast
 Muffin Mania
 Apple Slices and Juice

8
Chicken Strips With Emoji Fries
 Fresh Fruit & Vegetable Bar
Breakfast
 Cereal Bowl and Elves
 Fruit Cup and Juice



12
Corndog Bites With Curly Fries
 Fresh Fruit & Vegetable Bar
Breakfast
 Blueberry Bread Slice
 Craisins and Juice

13
Turkey Noodle Soup With Cheese Bites
 Fresh Fruit & Vegetable Bar
Breakfast
 Chocolate Chip Oatmeal Bar
 Apple Crisp and Juice

14
Chicken Drumstick With Scallop Potatoes
 Fresh Fruit & Vegetable Bar
Breakfast
 Sprinkle Donut
 Fruit Cup and Juice



15
Pizza With Waffle Fries
 Fresh Fruit & Vegetable Bar
Breakfast
 Cereal Bar and Scooby Snax
 Apple Slices and Juice

19
Rib-B-Que Sandwich With Tots
 Fresh Fruit & Vegetable Bar
Breakfast
 Banana Bread Slice
 Apple Crisp and Juice



20
Chicken Burger With Baked Chips
 Fresh Fruit & Vegetable Bar
Breakfast
 Cinnamon Roll
 Raisels and Juice



21
Half Day Breakfast Only
Breakfast
 Cereal Bowl and Elves
 Fruit Cup and Juice



26
Cheesy Omelet With Muffin
 Fresh Fruit & Vegetable Bar
Breakfast
 Poptart
 Raisels and Juice



27
Smothered Burrito With Spanish Rice
 Fresh Fruit & Vegetable Bar
Breakfast
 Breakfast Cookie
 Fruit Cup and Juice

28
Chicken and Waffles W/ Syrup
 Fresh Fruit & Vegetable Bar
Breakfast
 Muffin Mania
 Apple Slices and Juice



29
Cheeseburger With Fries
 Fresh Fruit & Vegetable Bar
Breakfast
 Glazed Donut
 Fruit Cup and Juice