

## Monday

Entrées Offered Daily:

WOW Jelly Sandwich  
 Toasted Cheese Sandwich  
 Chef Salad / Crackers

Dietary information available: [www.patrick.k12.va.us](http://www.patrick.k12.va.us)

Division Information- Departments- Food Service

## Tuesday

Vegetable/ Fruit Offered Daily:

Tossed Salad  
 Fresh Fruit/ Fruit Cup

## Wednesday

Pizza 1  
 Tossed Salad  
 Seasoned Corn  
 Sautéed Peppers & Onions  
 Seasoned Green Peas  
 Fresh Fruit/ Fruit Cup  
 9-12: Northern Beans 5

## Thursday

Jalapeno Cheese Quesadilla 2  
 Asian Chicken  
 Chicken Flavored Rice  
 Glazed Carrots  
 Steamed Broccoli  
 Fresh Fruit/ Fruit Cup  
 9-12: Apple Crisp

## Friday

Oven Fried Chicken 3  
 Meatloaf  
 Mexican Cornbread  
 Honey Roasted Sweet Potatoes  
 Pinto Beans  
 Graham Crackers  
 Fresh Fruit/ Fruit Cup  
 9-12: Turnip Greens

Fish & Cheese/ WG Bun 6  
 Honey Pork Rib-A-Que  
 Coleslaw/Pickles/Onions  
 Chili Roasted Fries  
 M&M Cookie  
 Fresh Fruit/ Fruit Cup  
 9-12: Tomato Soup/Crackers 2

Italian Pasta Bake 7  
 Chicken & Gravy  
 WG Roll  
 Pinto Beans  
 Steamed Broccoli  
 Fresh Fruit/ Fruit Cup  
 9-12: Sautéed Cabbage

Corn Dog 8  
 Taco Soup/ Tostitos  
 Mexican Flavored Rice  
 Seasoned Green Beans  
 Seasoned Corn  
 Fresh Fruit/ Fruit Cup  
 9-12: Vanilla Yogurt

Popcorn Chicken/Roll 9  
 Turkey & Cheese Panini  
 Lettuce/ Tomato  
 Quick Baked Potato  
 Apple Honey Crisp  
 Fresh Fruit  
 9-12: Lima Beans

**Veterans Day** 10  


Cheese Stick/ Pizza Sauce 13  
 White Chicken Chili/ Sour Cream  
 Tostitos / Chicken Flavored Rice  
 Seasoned Green Beans  
 Seasoned Corn  
 Fresh Fruit/Fruit Cup  
 9-12: Honey Dilled Carrots 1

Hot Dog/ WG Bun Chili 14  
 Manwich®/ WG Bun  
 Baked Beans  
 Coleslaw  
 French Fries  
 Fresh Fruit/ Fruit Cup  
 9-12: Fruit Salad

Baked Spaghetti 15  
 Pork Patty/ White Gravy  
 WG Roll  
 Steamed Broccoli  
 Tomato / Cucumber Slices  
 Fresh Fruit/ Fruit Cup  
 9-12: Yellow Squash with Onions

Beef Taco/Cheese/WG Tortilla 16  
 Chicken Fajita/ Cheese/ WG Tortilla  
 Lettuce/Tomato  
 Salsa/Sour Cream  
 Cheesy Potatoes  
 Refried Beans  
 Fresh Fruit/ Fruit Cup  
 9-12: Honey Belly Bears

Sausage & Gravy 17  
 Chicken & Noodles  
 WG Biscuit  
 Seasoned Green Peas  
 Honey Roasted Sweet Potatoes  
 Fresh Fruit/ Fruit Cup  
 9-12: Spiced Apples

Salisbury steak with Gravy 20  
 Cheese Quesadilla/ Salsa  
 Roll/ Chicken Flavored Rice  
 Corn Salad  
 Glazed Carrots  
 Fresh Fruit/ Fruit Cup  
 9-12: Green Peas 3

Ham or Roasted Turkey /Gravy 21  
 WG Roll/ Stuffing  
 Mashed Potatoes  
 Seasoned Green Beans  
 Cranberry Sauce/ Fresh Fruit  
 Manager's Choice of Dessert  
 9-12: Coleslaw

1 PM DISMISSAL 22  
 Chicken Fillet / WG Bun  
 Lettuce/ Tomato  
 French Fries  
 Fresh Fruit/ Fruit Cup  
 9-12: Graham Crackers

**Happy Thanksgiving** 23  


**Happy Thanksgiving!** 24  
 To You And Your Family  


Hot Dog/WG Bun/ Chili 27  
 BBQ / WG Bun  
 Coleslaw/ Onions  
 Baked Beans  
 Honey Dilled Carrots  
 Fresh Fruit/ Fruit Cup  
 9-12: Popeye's Power Spinach 4

Meatloaf Burger/WG Bun 28  
 Chicken Wrap/Cheese/Salsa  
 Lettuce/Tomato/Pickles  
 French Fries  
 Seasoned Mixed Vegetables  
 Fresh Fruit/ Fruit Cup  
 9-12: Banana Bread

Spaghetti/ WG Roll 29  
 Cheese Sticks/ Dipping Sauce  
 Tossed Salad  
 Seasoned Corn  
 Tomato/ Cucumber Slices  
 Fresh Fruit/ Fruit Cup  
 9-12: Great Northern Beans

Popcorn Chicken/ WG Roll 30  
 Jalapeno Vegetable Wrap  
 Seasoned Green Beans  
 Sweet Potato Fries  
 Fresh Fruit/ Fruit Cup  
 9-12: Broccoli Salad

**“USDA is an equal opportunity provider and employer.”**

**Make Smart Choices.** Choose your foods wisely to get the nutrients you need for energy and brainpower. Follow a diet based on food from plants, including fruits and vegetables, whole grains and healthy fats, such as olive and canola oil. Get protein from nuts, seeds, beans, fish, eggs and lean poultry.

