

Monday

Entrées Offered Daily:

- WOW Jelly Sandwich
- Toasted Cheese Sandwich
- Chef Salad / Crackers

Dietary Information Available: www.patrick.k12.va.us

Division Information- Departments - Food Service

Tuesday

Vegetable/ Fruit Offered Daily:

- Tossed Salad
- Fresh Fruit/Fruit Cup

Wednesday

Thursday

Friday

Steak and Cheese wg Hoagie 5
 Chipotle Chicken wg Wrap ②
 Lettuce/ Tomato
 Sautéed Peppers/ Onions
 Sweet Potato Fries
 Turnip Greens
9-12: Chicken Flavored Rice

wg Corn Dog 6
 Italian Pasta Bake/ wg Breadstick
 Seasoned Corn
 Steamed Broccoli
 Honey Apple Crisp
9-12: Fresh Cut Veggies/ Dip

Fish Sticks/ Cornbread 7
 Honey Pork Rib on wg Hoagie
 Creamy Coleslaw/Onions/Pickles
 Crispy Waffle Fries
 Pinto Beans
9-12: Royal Brownie

Beef Taco/ Salsa/ Sour Cream 1
 Chicken Fajita ①
 wg Wrap
 Lettuce/ Tomato
 Refried Beans
 Steamed Broccoli
9-12: Fiesta Rice

Pork Chop/ Gravy wg Roll 2
 Turkey/ wg Bun
 Lettuce/Tomato
 Sweet Potato Casserole
 Green Peas
9-12: Yellow Squash with Onions



Italian Dunkers/Cheese Bread 12
 Hot Ham/Cheese on wg Bun 13
 Lettuce/ Tomato ③
 Seasoned Green Beans
 Sweet Glazed Carrots
9-12: Corn Salad

Chicken Fillet on wg Bun 14
 Cheese Sticks/ Dipping Sauce
 Lettuce/ Tomato
 Baked Beans
 Crispy French Fries
9-12: Sautéed Cabbage

Cheese, Pepperoni or Sausage Pizza 15
 Jalapeno Vegetable Wrap
 Sweet Potato Fries
 Seasoned Corn
9-12: Fresh Broccoli Salad

HAPPY THANKSGIVING! 16
 Roast Turkey/ Gravy
 Ham
 WG Yeast Roll/ Cornbread Stuffing
 Mashed Potatoes
 Seasoned Green Beans
 Cranberry Sauce/ Applesauce
 wg **Sweet Potato** Cake

Cheeseburger/ wg Bun 19
 Turkey & Cheese wg Wrap
 Lettuce/ Tomato ④
 Seasoned Green Beans
 Cheesy Potatoes
9-12: Honey Apple Crisp

Popcorn Chicken/wg Roll 20
 Manwich®/ wg Bun
 Coleslaw
 Honey Roasted Sweet Potatoes
 Blueberry Smoothie
9-12: Seasoned Green Peas

1 PM EARLY DISMISSAL 21
 wg Corn Dog
 Seasoned Corn
 Baked Beans
9-12: Yellow Squash with Onions



Cheese Sticks/ Sauce 26
 White Chicken Chili/ Tostito Scoops
 Chicken Flavored Rice ①
 Seasoned Corn
 Sweet Glazed Carrots
9-12: Sautéed Spinach

Hamburger/ wg Bun 27
 Jalapeno Cheese Quesadilla
 Lettuce/ Tomato/ Salsa
 Crispy French Fries
 Spiced Apples
9-12: Honey Dilled Carrots

Beef Taco/ Salsa/ Sour Cream 28
 Chicken Fajita
 wg Wrap
 Lettuce/ Tomato
 Refried Beans
 Steamed Broccoli
9-12: Fiesta Rice

Pork Chop/ Gravy wg Roll 29
 Turkey/ wg Bun
 Lettuce/Tomato
 Sweet Potato Casserole
 Green Peas
9-12: Peach Smoothie

Hot Dog/wg Bun/ Chili/Onions 30
 Chicken Barbeque / wg Bun
 Creamy Coleslaw
 Baked Beans
 Curly Fries
9-12: Seasoned Mixed Vegetables

“USDA is an equal opportunity provider and employer.”

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.