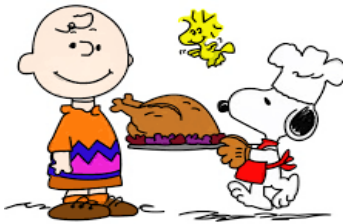


**Please remember to complete your Family Meal Application online at: <http://grss.mealapp.org>.  
A new meal application is required each year.**

## Immaculate Heart of Mary School - November 2018

**Meal Prices: Lunch \$2.90, Reduced Meals: No Charge , Adult Lunch \$4.00, Milk \$ .50**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b> Chicken Tenders Soft Pretzel Cooked Carrots Cucumbers w/ Ranch Fresh Apple Ice Cold Milk	<b>30</b> Cheesy Beef Meatloaf Mashed Potatoes w/ Gravy Green Beans Dinner Roll Fresh Kiwi Ice Cold Milk	<b>31</b> Chicken & Cheese Quesadilla Fiesta Beans & Rice Romaine Salad w/ Diced Tomatoes Fresh Banana Ice Cold Milk	<b>1</b> Cheesy Omelet Biscuit & Jelly Potato Starz Broccoli Zee Zee Grahams Fresh Grapes Ice Cold Milk	<b>2</b>  <b>1/2 Day No Lunch Served</b>
<b>5</b> Beef Teriyaki Dippers Steamed Broccoli Carrots w/Ranch Breadstick Pineapple Tidbits Ice Cold Milk	<b>6</b> Chicken Drumstick Corn Muffin Roasted Red Potatoes Celery Apple Slices Ice Cold Milk	<b>7</b> Pasta Rotini Garlic Toast Romaine Salad w/ Garbanzo Beans Fresh Banana Ice Cold Milk	<b>8</b> Chicken Sandwich Sweet Potato Waffle Fries Cucumber Slices Fruit Cocktail Ice Cold Milk	<b>9</b> Beef Nachos Lettuce, Cheese, Salsa Ranchero Beans & Rice Sorbet Ice Cold Milk
<b>12</b> Hamburger on a Bun Crinkle Cut Fries Carrots w/ Ranch Apple Slices Ice Cold Milk	<b>13</b> Chicken Alfredo Garlic Toast Romaine Salad w/ Garbanzo Beans Fresh Oranges Ice Cold Milk	<b>14</b> Beef Burrito Baja Black Beans Carrot Sticks Smart Cookies Fresh Banana Ice Cold Milk	<b>15</b> Confetti Pancakes Turkey Sausage Veggie Juice Strawberries Ice Cold Milk	<b>16</b> Italian Dunkers Marinara Sauce Whole Kernel Corn Goldfish Crackers Fresh Grapes Ice Cold Milk
<b>19</b> Mini Corn Dogs Onion Rings Celery w/ Hummus Fresh Apple Ice Cold Milk	<b>20</b> <b>HARVEST SPECTACULAR</b> Turkey & Gravy Mashed Potatoes Fresh Green Beans Dinner Roll Diced Peaches Elf Grahams Ice Cold Milk	<div style="display: flex; align-items: center; justify-content: center;"> <div style="text-align: center; margin-right: 20px;"> <p style="font-size: 2em; font-weight: bold; transform: rotate(-15deg);">HAPPY THANKSGIVING</p> </div>  </div> <p style="text-align: right; margin-top: 10px;"><b>School resumes Monday, November 26th</b></p>		

### MUNCHERS - Check with your school cook for ordering details

**Lunch: Munchers & Sunbutter Sandwiches** available as entrée choices. **Chef Salads** available at K-8 & K-12 sites.

**Monday** - Yogurt Muncher (Trix Yogurt, Hearty Granola, Blueberry Muffin, Carrots w/ Ranch & Dried Fruit)

**Tuesday** - Salad Muncher (Lettuce Blend, Shredded Cheese, Turkey Bacon, Tomato, Croutons w/Ranch, Sunflower Seeds, Cheese Crackers & Grapes)

**Wednesday** - Flatbread Muncher (Goldfish Flatbread, Turkey Breast, Swiss Cheese & Mayo/Mustard, Corn Salad, Roasted Chickpeas & Pineapple)

**Thursday** - Scoops Muncher (Tostitos Scoops, Land O Lakes Cheese Cup, Salsa, Refried Beans, Goldfish Grahams & Clementine)

**Friday** - Sunbutter & Jelly Muncher (Jelly Crescent, Sunbutter Spread, Cheese Stick, Celery w/Ranch, Apple Slices & Pretzels)

- All grain items are at least 50% whole grains.
- Ice Cold Milk (skim milk, 1% white or chocolate) from **Country Dairy** included with each meal or for .50¢.
- Salad bars available in K-8 & K-12 schools
- For more in-depth information on menus, nutritional analysis, contact information and related website links, check out our website at: [www.grpublicschools.org/nutrition](http://www.grpublicschools.org/nutrition) or use the QR code on this menu.



**\* Menu Item Contains Pork**