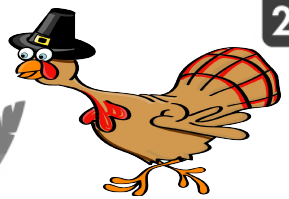
LUNCH

NOVEMBER 2019

Continental Elementary School

Apples are among the most popular fruits, and also happen to be incredibly nutritious .They contain a high amount of fiber, vitamin C, potassium and vitamin K.
"An Apple A Day, Keeps The Doctor Away :-)"

Monday	Tuesday	Wednesday	Thursday	Friday
In additional to our daily entrée choice, Ham/ Cheese Sandwich are Available upon				1 *Grilled Cheese Sandwich* *Tomato Soup* *Oranges* *Variety of Milk*
4 *Corn Dogs* *Mixed Veggies* *Apples* *Variety of Milk*	5 *Rolled Chicken Taquitos* *Pinto Beans* *Strawberries* *Variety of Milk*	Early Release! 6 *Hamburger Helper* *Fresh Salad* *Peaches* *Variety of Milk*	*Creamed Chicken* 7 *Over Rice* *Green Beans* *Oranges* *Variety of Milk*	8 *Sloppy Joes* *French Fries* *Mixed Fruit* *Variety of Milk*
11 *NO SCHOOL!!* *Veterans Day*	12 *Beef Tacos* *Corn* *Mixed Fruit* *Variety of Milk*	13 *Chicken Alfredo* *Peas* *Peaches* *Variety of Milk*	14 Sun Butter/Jelly Sandwich *Carrots/Celery Sticks* *Fresh Fruit* *Variety of Milk*	15 *Hamburger* *French Fries* *Oranges* *Variety of Milk*
18 *Ham/Cheese Melt* Carrot/Celery Sticks Strawberries Variety Milk	19 *Chicken Tacos* *Corn* *Peaches* *Variety of Milk*	*Thanksgiving Dinner!!* 20 *Baked Turkey* *Mashed Potatoes/ Gravy* *Green Beans* *Pumpkin Pie* *Variety of Milk*	21 *Bean/ Cheese Burrito* *Fresh Salad* *Mixed Fruit* *Variety of Milk*	22 Rotini/Meat sauce *Mixed Veggies* *Pears* *Variety of Milk*
25 *Thanksgiving Break!* *NO SCHOOL*	26 *Thanksgiving Break!* *NO SCHOOL*	27 *Thanksgiving Break!* *NO SCHOOL*	28 	29 *Thanksgiving Break!* *NO SCHOOL*

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Lupita Toscano Food Service Manager (520)625-4581 Ext 7322 *Lunch $2.30* *Breakfast $ 1.15* *Menu is subject to change*

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com