

NOVEMBER 2021

James W. Parker Middle School

Lunch: FREE for ALL Students

Adult Meal: \$4.00

Milk: \$0.60

Students may choose a Pre-Made Salad, PB&J Sandwich, Bento Box or Pizza (MWF) in place of the main entrée.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti & Meat sauce w/ Breadsticks Mixed Vegetables Pears	2 General Tso's Chicken Rice Spinach Salad Cooked Broccoli Side Kicks Fruit Cup	3 Hot Dog on Bun Toppings Baked Bean Pineapple Cup	4 Cheeseburger on Bun Toppings Chef's Choice Veggie Garlic Fries Peaches	5 Chicken Patty Sandwich (Regular or Spicy) Mixed Vegetables Sliced Apples w/Caramel
8 Breaded Drumsticks WG Biscuit Waffle Fries Seasoned Broccoli Pineapple Chunks	9 Italian Dunkers Dipping Sauce Glazed Carrots Side Kicks Fruit Cup	10 Chicken Fajita Wrap Seasoned Corn Apple Sauce Fruit Churros	11 Grilled Cheese Tomato Soup Green Beans Peaches	12 Choice of Pizza California Blend Veggies Fruit Salad
15 Chicken Pot Pie Mashed Potatoes WG Biscuit Apple Slices	16 Loaded Fries Corn Dinner Roll Spinach Side Salad Mandarin Oranges	17 Ham & Cheese Sandwich California Blend Veggies Potato Wedges Apple Slices w/ Caramel	18 Hearty Chicken Noodle Soup Soft Pretzel Peas Peaches	19 Holiday Meal Turkey, Stuffing, Dinner Roll, Mashed Potatoes w/gravy, Corn & Apple Crisp
22 Chicken Fritter on Whole Wheat Bun Green Beans Pears	23 French Toast Sticks Sausage Links Roasted Potatoes Mandarin Oranges	24 NO SCHOOL	25 	26 NO SCHOOL
29 NO SCHOOL	30 Chicken Tenders Mini Corn Bread Muffin Spiral Fries Cooked Carrots Fruit Cup			

What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch.

Choice of Meat or Meat Alternate

Choice of Vegetable*, Choice of Fruit*

Choice of Grain/Bread, and Choice of Milk

**Menu Subject to change based on
 Item availability. Due to nationwide food
 Shortages, many items may be unavailable with
 Little to no notice.**

