

NOVEMBER 2023

JAMES PARKER MIDDLE SCHOOL

LUNCH



November is National Peanut Butter Lovers Month. Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Spaghetti w/meat sauce
Breadstick
Seasoned Vegetables
Applesauce

1

Cheeseburger
Vegetables
Fries
Peaches

2

Chicken Sandwich
Mixed Vegetables
Sliced apples

3

Chicken Alfredo
Vegetable
Breadsticks

6

Italian Dunkers
Dipping Sauce
Side Kicks Fruit Cups
Glazed Carrots

7

Chicken Fajita Wrap
Seasoned Corn
Apple Sauce

8

Grilled Cheese Tomato
Soup
Green Beans
Peaches

9

NO SCHOOL

10

General Tso's Chicken
Rice Spinach Salad
Cooked Broccoli
Sidekicks Fruit Cup

13

Loaded Fries
Corn
Mandarin Oranges

14

Pork Rib Sandwich
Vegetable Blend
Potato Wedges
Apple Slices

15

**Thanksgiving
Lunch**

16

Pizza
California Vegetable
Blend Fruit Salad

17

Corn Dog
Side Salad
Broccoli
Pears

20

Pizza
Vegetable
Fruit

21

**Thanksgiving
Break**

22

**Thanksgiving
Break**

23

**Thanksgiving
Break**

24

**Thanksgiving
Break**

27

Pancake Sausage
Roasted Potatoes
Mandarin Oranges

28

Meatball Sub
Seasoned Vegetables
Applesauce

29

Chicken Quesadilla
Seasoned Corn Fruit
Cup Fruit Churro

30