

# NOVEMBER 2022

Visit us online for nutrition information and more!  
[www.polkschoolsfl.net](http://www.polkschoolsfl.net) search keyword: Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beef Soft Tacos  Black Beans Fresh Veggie Tray Fruit Tray	2 Chicken Alfredo Pasta  Green Beans Fresh Veggie Tray Fruit Tray	3 Pulled Pork Sandwich  Hot Veggie Fresh Veggie Tray Fruit Tray	4 Chicken Bites w/Biscuit  Sweet Potato Fries Fresh Veggie Tray Fruit Tray/Frozen Fruit Cup
7 Sloppy Joes  Peas & Carrots Fresh Veggie Tray Fruit Tray	8 Orange Chicken Rice Bowl  Green Beans Fresh Veggie Tray Fruit Tray	9 Chicken & Waffles  Baked Beans Fresh Veggie Tray Fruit Tray	10 French Bread Pizza  Broccoli Fresh Veggie Tray Fruit Tray	11 NO SCHOOL  
14 Chicken Thighs w/Yellow Rice  Green Beans Fresh Veggie Tray Fruit Tray	15 Chicken Queso Rice Bowl  Black Beans Fresh Veggie Tray Fruit Tray	16 Pizza  Corn Fresh Veggie Tray Fruit Tray	17 Turkey w/Gravy w/Roll  Sunshine Sweet Potato Bake  Mash Potatoes Green Beans Fresh Fruit	18 Chicken Patty Sandwich  Early Release  Fresh Veggie Tray Fruit Tray
21	22	23	24 	25 
				
28 Fish Nuggets w/Mac & Cheese  Broccoli Fresh Veggie Tray Fruit Tray	29 Beef Soft Tacos  Black Beans Fresh Veggie Tray Fruit Tray	30 Chicken Alfredo Pasta  Green Beans Fresh Veggie Tray Fruit Tray		

Student may choose one entrée and three sides. A variety of milk is offered daily.

Menu is subject to change without notice.

STUDENTS MAY CHOOSE THE HOT MEAL OR QUICK BITE DAIL

