

November 2018

MERIT ACADEMY



We serve grab'n'go, pb&J + cheese stick, salad and fruit bar, milk and juice with every lunch meal.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



5
Cheese & Pep. Rippers

6
Loaded Potatoes with Chili con Carne, Cheese, Broccoli and Roll

7
Chicken Nuggets
Macaroni & Cheese

1
Chicken Fajita Wrap
Spanish Rice
Salsa

2
Corn Dog
Chips Variety

12
Domino's Pizza Variety

13
Creamy Chicken Soup or
Chinese Chicken Noodle
Soup
Roll

14
Pork Enchilada or
Chicken Enchilada
Refried Beans

8
Orange Chicken & Rice
Mixed Veggies

9
French Toast Sticks
Ham Patty
Hash brown

19
Cheese & Pep. Rippers

20
Fried Rice with Ham
Egg Roll
Fortune Cookie

NO SCHOOL TODAY

15
Yummy Turkey Roast
Mashed Potatoes & Gravy
Roll

16
Chicken Caesar Wrap or
Chicken Bacon Ranch
Wrap
Chips Variety

26
Domino's Pizza Variety

27
Ham Alfredo Pasta or
Chicken Pesto Alfredo
Pasta
Green Beans

28
Kalua Pork
Sticky Rice
Macaroni Salad

HAPPY THANKSGIVING!

23
BLACK FRIDAY

29
Corn Chowder or
Chicken Noodle Soup
Roll

Hamburger
Baked Fries