

LUNCH

November 2014

RULE ISD

Nutrition Tip

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* monday

* tuesday

* wednesday

* thursday

* friday

**School Information: ALL MENUS SUBJECT TO CHANGE
HIGH SCHOOL MAY RECEIVE ADDED FOODS TO MEET STATE MANDATED
REQUIRMENTS! MILK OFFERED DAILY!
NOV. 25TH EARLY RELEASE
NO SCHOOL NOV. 26TH-28TH**

Cheeseburger
Garden Salad
Fresh Veggie Cup
Mixed Fruit
Milk

3

Baked Potato
With Ham & Cheese
Garden Salad
Seasoned Corn Roll
Snowball Salad Milk

4

Pizza Sticks
With Spag. Sauce
Garden Salad Baby Carrots
Apple Slices
Brownie Cookie Milk

5

Mascot Chicken Bowl
Mashed Potatoes with
Gravy, Corn
Apple Pineapple Delight
Roll Milk

6

BBQ On Bun
Coleslaw
Pinto Beans
Baby Carrots
Orange Smiles Milk

7

Texas Combo Basket
Charro Beans
Garden Salad
Hot Cinnamon Apples
Milk

10

Texas Chili with
Cornbread, Potato Rounds
Fresh Veggie Cup
Seasoned Fruit
Milk

11

Pizza
Vegetable Soup
Baby Carrots
Fruit Cup
Milk

12

Turkey N Dressing
Mashed Potatoes
Green Beans
Roll
Fruit Cocktail Milk

13

Chicken Fajita
Salad, Salsa
Spanish Rice, Seasoned Corn
Baby Carrots
Sliced Peaches Milk

14

Chicken Nuggets
Mashed Potatoes w/ Gravy
Roll
Green Beans
Strawberry Cup Milk

17

Beef N Cheese
Chalupas
With tortilla chips Salsa
Garden Salad Refried Beans
Applesauce Milk

18

Pizza
Garden Salad
California Blend
Apple Slices
Milk

19

Soft Beef Tacos
Baby Carrots
Seasoned Corn Salsa
Orange Smiles
HS- Tor .Chips Milk

20

Popcorn Chicken
Zesty Cucumbers
Sweet Potato Fries
Sliced Peaches
Milk

21

Corn dogs
Baked Beans
Crunchy Broccoli Salad
Apple Pineapple Delight
Milk

24

Grill cheese Sandwich
Tomato Soup
Baby Carrots
Garden Salad
Pears Lime Sherbet Milk

25

26

NO SCHOOL

27

NO SCHOOL

28

NO SCHOOL