

Hinckley-Big Rock Elementary School

November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast for LUNCH	2
			French Toast Sticks w/*Sausage Patty & Syrup Or Turkey and Cheese Sub Potato Puffs Tiny Tomatoes 100% Fruit Juice	Cheese Pizza Or **Crispy Chicken Nuggets *BBQ Baked Beans Broccoli Buds Hot Baked Apples
5 Lucky Tray Day	6	7 Breakfast for LUNCH	8	9
**Rotini w/Italian Meatballs Or Pepperoni Pizza Steamed Broccoli Golden Corn Sweet Pears	Walking Taco Or Juicy Cheeseburger Refried Beans Sliced Cucumbers Blueberries	Fluffy Pancakes w/*Sausage Patty & Syrup Or Hot Diggity Dog Glazed Carrots Baked Potato Puffs Chilled Peaches	Chicken Parmesan Sandwich Or Mini Corny Corn Dogs Mashed Potatoes w/Gravy Broccoli Buds Cinnamon Applesauce	*Sausage Pizza Or Juicy Hamburger Seasoned Green Beans Carroteenies w/Dip Fresh Orange Smiles
12	13	14 Breakfast for LUNCH	15 Lucky Tray Day	16
Cheesy Garlic Flatbread w/Garden Marinara Or *BBQ Rib Sandwich Steamed Broccoli Tiny Tomatoes Juicy Mixed Fruit	Nacho Supreme w/Taco Meat & Cheese Sauce Or **Crispy Chicken Nuggets Refried Beans Zesty Salsa Cinnamon Applesauce	Homestyle Waffles w/*Sausage Patty & Syrup Or Juicy Cheeseburger Potato Puffs Shredded Lettuce 100% Fruit Juice	** Seasoned Chicken Tenders Or Grilled Cheese Sandwich Mashed Sweet Potatoes w/Gravy Carroteenies w/dip Fresh Red Apple	Pizza Dippers w/Garden Marinara Or Hot Diggity Dog Garden Peas Sliced Cucumbers Chilled Peaches
19	20 Lucky Tray Day	21	22	23
*Bacon Cheeseburger Or *Pepperoni Pizza Oven Fries Shredded Romaine Orange Wedges	Chicken Quesadilla Or Jumbo Corn Dog BBQ Baked Beans Glazed Carrots Sweet Pears	No School	Thanksgiving Day No school	No School
26 Breakfast for LUNCH	27	28 Lucky Tray Day	29	30
Fluffy Pancakes w/*Sausage Patty & Syrup Or Meatball Bomber Sub Oven Fries Sliced Cucumbers Chilled Peaches	Nacho Supreme w/Taco Meat & Cheese Sauce Or **Crispy Chicken Nuggets Refried Beans Shredded Romaine Cinnamon Pears	Mini Corny Corn Dogs Or **Chicken Alfredo Bake Steamed Broccoli Tiny Tomatoes Fresh Red Apple	**Popcorn Chicken Or *BBQ Rib Sandwich Mashed Sweet Potatoes w/Gravy Carroteenies w/Dip 100% Fruit Juice	Pizza Dippers w/Garden Marinara Or *Ham and Cheese Sub Seasoned Green Beans Broccoli Buds Blueberries

Lunch
\$2.90

Milk
\$0.55

Questions about the menu?
Katie Heiser
kheiser@hbr429.org
815-286-7516

For more information
or to "Ask the Dietitian",
check out our website!




Available Daily:
Crispy Chicken Sandwich
And
Crispy Chicken Salad

Comprehensive nutrition & allergy
guides are
available in the Foodservice Office.

(*) Contains Pork
(**) Served With a Roll
Menu changes are occasionally
necessary. Notice will be given when
possible.

This institution is an equal opportunity
employer.