

November 2018

Armstrong Township High School

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
ALL MEALS SERVED WITH LOWFAT OR 1% MILK							
4	5 Hot Ham & Cheese Cali Blend Vegetables Pineapple Cottage Cheese Sunchips	6 Chicken Nuggets Tater Tots Corn Peaches Cup Cakes	7 Sloppy Joes Green Beans Macaroni & Cheese Banana	8 <i>Stromboli</i> Salad Pears Bosco Stick Brownies	9 Sub Wraps Fresh Veggie Tray Parfait Cups Sunchips	10	
11	12 Baked Ham Cheesy Mashed Potatoes, Green Beans, Strawberries Dinner Roll	13 Beefy Cheesy Nachos, Refried Beans, Grapes Brownies	14 Au Gratin Potatoes & Ham Broccoli Peaches	15 Turkey Mashed Potatoes/ Gravy, Carrots Yams, Dinner Rolls Pumpkin Pie	16 Hamburgers/Bun French Fries Peas Mixed Fruit No Bake Cookies	17	
18	19 Pulled Pork Baked Beans Cali Blend Vegetables Applesauce Fritos	20 Chicken Fajitas Spanish Rice, Refried Beans, Mixed Fruit Chips/Salsa Pudding	21 Chili Celery/Carrots Banana Cinnamon Roll	22 No School! Thanksgiving Break!	23 No School! Thanksgiving Break!	24	
25	26 Pork Ribs Yams Peas Parfait Cups Apple Slices	27 Chicken Alfredo Broccoli Peaches WG Roll	28 Goulash Green Beans Applesauce Garlic Cheese Bread	29 Chicken Patty Mashed Potatoes & Gravy, Carrots Grapes Pumpkin Bars	30 French Toast Sticks, Sausage Patty Tri-Tater Orange Wedges Muffin		