



**FREE
MEALS**

NOVEMBER | 2019



Southgate Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Menu subject change. Notice will be given when possible.	29 USDA is an equal opportunity provider and employer.	30	31	1 Hamburger or Cheeseburger Potato Wedges Diced Peaches Choice of Milk
4 Pancake Turkey Sausage Wrap Tater Tots Orange Juice Choice of Milk	5 NO SCHOOL ELECTION DAY 	6 Cottage Inn Pizza Romaine Salad Flavored Applesauce Choice of Milk	7 Boneless Chicken Wings Carrots & Ranch Cheez-it Crackers Mixed Fruit Choice of Milk	8 Salisbury Steak Mashed Potatoes Dinner Roll Sidekicks Choice of Milk
11 Beef Nachos w/Lettuce & Cheese Refried Beans Mandarin Oranges Choice of Milk	12 Beef Ravioli Dinner Roll Garden Salad Diced Peaches Choice of Milk	13 Cottage Inn Pizza Romaine Salad Flavored Applesauce Choice of Milk	14 Ham & Cheese Bagel Dorito Chips Jumbo Pickle Pineapple Tidbits Choice of Milk	15 3-Mini Calzones Golden Corn Fresh Apple Choice of Milk
18 Beef Tacos w/Lettuce & Cheese Refried Beans Diced Pears Choice of Milk	19 Chicken Nuggets Dinner Roll Celery & Ranch Sidekicks Choice of Milk	20 Cottage Inn Pizza Romaine Salad Flavored Applesauce Choice of Milk	21 Turkey & Gravy Over Mashed Potatoes Stuffing Mixed Berry Fruit Choice of Milk	22 Bosco Sticks w/Marinara Sauce Carrots & Ranch Fresh Orange Choice of Milk
25 Cheese Omelet Turkey Sausage Blueberry Muffin Orange Juice Choice of Milk	26 Hamburger or Cheeseburger Potatoes Wedges Mixed Fruit Choice of Milk	27 NO SCHOOL	28 HAPPY THANKSGIVING 	29 NO SCHOOL

**STUDENTS
EAT FREE
DAILY!!**

**Daily Meatless
Alternate Meals:**

PBJ

&

**Yogurt, String
Cheese & Muffin**

Breakfast

**An assortment of
breakfast items will
be available daily.**

Assorted Cereals

Graham Crackers

Yogurt

Bagels

Muffins

WG Pop-Tarts

Fresh Fruit

100% Fruit Juice

Milk

A Breakfast consists of:

Two Grains

Fruit and/or 100% Juice

Choice of Milk