

November 2020

Pekin Community School District

LUNCH



This menu is subject to change. We will continue to update and keep as accurate as possible. Low Fat or Skim milk offered daily. An Equal Opportunity Provider.



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday

Chicken Quesadilla
Green Beans
Caesar Salad
Mandarin Oranges
Apple Slices
Chips w Salsa

2

Tuesday

Macaroni and Cheese
Little Smokies
Broccoli
Baby Carrots
Pineapple
Cinnamon Apples
Rice Krispy Treat

3

Wednesday

Turkey Fritter
French Fries
Baked Beans
Mixed Fruit
Slush Cup
WG Chex Mix

4

Thursday

NO SCHOOL

5

Friday

NO SCHOOL

6

WG Chicken Wrap
Corn
Baby Carrots
Diced Peaches
Orange Wedges
Wacky Cake

9

Cheesy Ravioli
Green Beans
Celery Sticks/Ranch
Diced Pears
Raisels
WG Hot Rolls

10

Pepperoni Pizza
Broccoli
Romaine Lettuce w Ranch
Applesauce
WG Goldfish

11

Ham Slice
Cheesy Potatoes
Peas
Pineapple
Bananas
Hawaiian Rolls

12

Walking Tacos
Green Pepper Slices
Cucumber Slices
Mandarin Oranges
Strawberries

13

WG Lasagna
Corn
Green Beans
Mixed Fruit
Blueberries
WG Breadsticks

16

Breakfast Sandwich
Hashbrown
Baby Carrots
Diced Peaches
Cinnamon Apples

17

Calzone
Peas
Baby Carrots
Raisels
Pears
Frosted Animal Crackers

18

Turkey Dressing
Mashed Potatoes
Sweet Potatoes
Cranberry Salad Pineapple
Apple Slices/Caramel
WG Pumpkin Bars

19

Toasted Ham& Cheese
Baked Beans
Cucumber Slices
Mandarin Oranges
Slush Cups

20

Chili
Baby Carrots
String Cheese
Cinnamon Apples
Diced Pears
WG Cookie

23

Chicken Strips
Potato Wedges
Green Beans
Diced Peaches
Raisels

24

NO SCHOOL

25

HAPPY THANKSGIVING
FROM: Natalie, Shannon, Angel,
Holly, April, Lindsey

26

NO SCHOOL

27

NOSCHOOL

30

