

# November 2024 | West Rusk - Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Carrots</b> Season in Texas: August - May Did you know? You can eat all parts of the carrot; leaves can be made into pesto or added to a salad, carrot flowers can also be added to salads or turned into jelly, the seeds are used to flavor other foods 				
<b>4</b> INSERVICE DAY	<b>5</b> BEEFY NACHOS SEASONED CORN PINTO BEANS SLICED PEACHES MILK CHOICE	<b>6</b> STEAKFINGERS COOKED CARROTS MASHED POTATOES APPLESAUCE CUP FRESH ROLL MILK CHOICE	<b>7</b> CHICKEN NUGGETS OR CHK. & DRESSING GREEN BEANS SWEET POTATOES FRESH ROLL FRESH APPLE MILK CHOICE	<b>1</b> CHEESEBURGER OVEN FRIES BABY CARROTS GRAPES OR PEARS MILK CHOICE
<b>11</b> BREADED CHICKEN GREEN BEANS MASHED POTATOES FRESH APPLE FRESH ROLL MILK CHOICE	<b>12</b> SOFT TACO SEASONED CORN REFRIED BEANS SLICED PEACHES MILK CHOICE	<b>13</b> FISH STICKS OR CORNDOG BAKED BEANS CELERY W/ RANCH APPLESAUCE CUP MILK CHOICE	<b>14</b> PIZZA CHOICE SEASONED CORN BROCCOLI SALAD SLICED PEARS MILK CHOICE	<b>8</b> CHICKEN SANDWICH OVEN FRIES CELERY W/ RANCH SOUR RAISEL MILK CHOICE
<b>18</b> ASIAN CHICKEN OR CHICKEN NUGETS COOKED CARROTS SWEET PEAS BROWN RICE FRESH APPLE MILK CHOICE	<b>19</b> BEEFY NACHOS SEASONED CORN REFRIED BEANS SLICED PEACHES MILK CHOICE	<b>20</b> STEAKFINGERS OR CHK. FRIED STEAK GREEN BEANS MASHED POTATOES APPLESAUCE CUP FRESH ROLL MILK CHOICE	<b>21</b> PIZZA CHOICE CHEESY BROCCOLI BABY CARROTS FRUIT CHOICE MILK CHOICE	<b>15</b> CHEESEBURGER TATER TOTS BABY CARROTS SOUR RAISEL MILK CHOICE
<b>25</b> THANKSGIVING BREAK	<b>26</b> THANKSGIVING BREAK	<b>27</b> THANKSGIVING BREAK	<b>28</b> THANKSGIVING BREAK	<b>22</b> CHICKEN SANDWICH TATER TOTS CELERY W/ RANCH SOUR RAISEL MILK CHOICE
				<b>29</b> THANKSGIVING BREAK

## Announcements:

EARLY RELEASE  
NOV. 1<sup>ST</sup>

INSERVICE DAY  
NOV. 4<sup>TH</sup>

THANKSGIVING  
MEAL  
NOV. 7<sup>TH</sup>

\*FREE COOKIE DAY  
w/MEAL  
NOV. 13<sup>TH</sup>

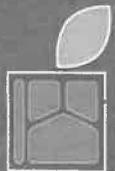
EARLY RELEASE  
NOV. 22<sup>ND</sup>

THANKSGIVING  
BREAK  
NOV. 25-NOV. 29<sup>TH</sup>



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
www.SquareMeals.org



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