

**Columbia S.D. Middle Schools  
NOVEMBER 2009**



	Monday	Tuesday	Wednesday	Thursday	Friday
	11/2 Beef Rib B-Que	11/3 Macaroni & Cheese	11/4 School Burger	11/5 Chicken Noodle Soup	11/6 No School
	11/9 Hot Dog on a Bun	11/10 Ravioli	11/11 No School Veterans Day	11/12 Cheesy Enchilada	11/13 Gyro
	11/16 Hot Dog on a Bun	11/17 Teriyaki Burger	11/18 Chicken Nuggets	11/19 Turkey Gravy	11/20 Early Release
	11/23 Burrito	11/24 Ham & Chees on	11/25 Build your sack lunch	11/26 <b>Thanksgiving</b>	11/27 Thanksgiving Break
	11/30 Burrito				
	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches
	Pepperoni Pizza Cheese Pizza Taco or Chicken Garlic Pizza	Pepperoni Pizza Cheese Pizza Sausage Pizza	Pepperoni Pizza Cheese Pizza Supreme Pizza	Pepperoni Pizza Cheese Pizza Sausage Pizza	Pepperoni Pizza Cheese Pizza Hawaiian Pizza
	Crispy salad from fresh ingredients including romaine or iceberg lettuce, lean chicken or turkey ham, grated low fat cheeses, and a medley of garden fresh vegetables.		Sandwiches on Hoagie Rolls baked fresh in our kitchen. Choose from lean turkey, tuna salad, turkey ham, a variety of cheeses, and a market basket of garden fresh veggies. Available the week of 11/9.		
	Everyday a garden variety of produce is available to accompany your lunch—you choose what you want and how much! Among the choices are fresh fruits, garden fresh greens.		<b>WHAT COMES WITH A COMPLETE MEAL?</b> Every day all lunches come with an entrée and at least one other item. Other items include a variety of fresh & canned fruit, 2-3 kinds of veggies, a side salad and fat free or low fat milk.		
<b>Milk</b>	A variety of milk is available with each meal.		<small>In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, natural origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.</small>		