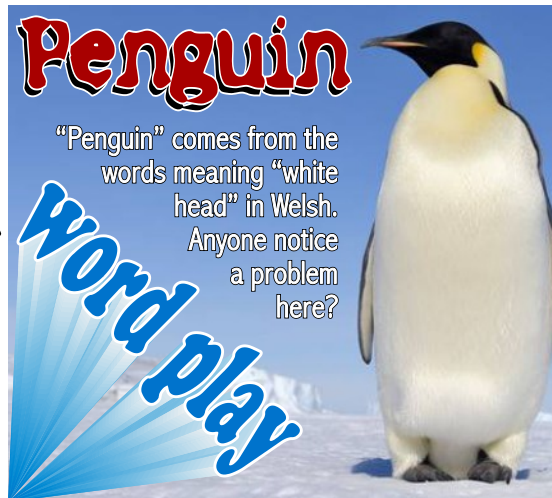
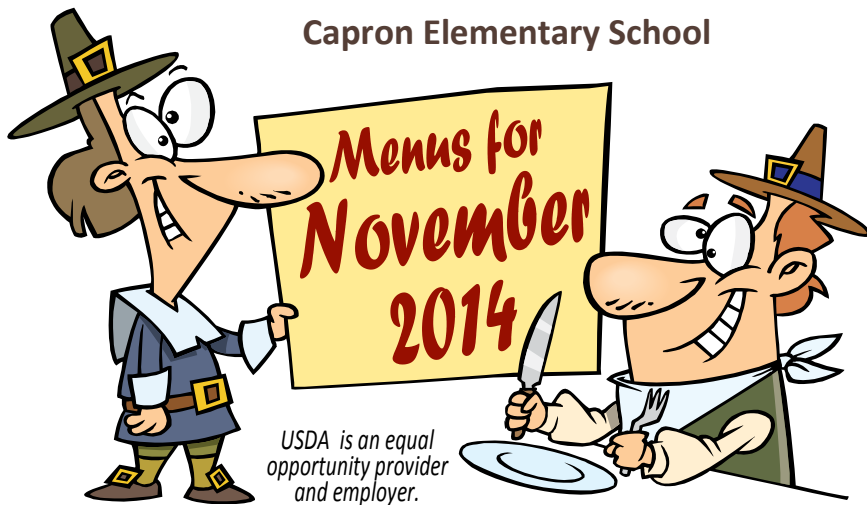


Capron Elementary School



Word of the Month pa·tience

- n. 1. endurance of hardship or inconvenience without complaint
2. calmness and self-control in the face of delay 3. understanding of others' difficulties

Monday, November 3

Ham/Cheese/Bun

Choose one or two:
Chuckwagon Beans
Potato Rounds

Choose one:
Fresh Fruit

Tuesday, November 4

Chicken Nuggets/
Roll

Choose one or two:
Mashed Potatoes
Green Beans

Choose one:
Fresh Grapes

Wednesday,

Fish Sticks/Roll

Choose one or two:
Glazed Sweet Potatoes
Mixed Greens

Choose one:
Pears

Thursday, November

Beef Vegetable Soup with Max Cheese Stick

Choose one:
Baby Carrots

Choose one:
Fresh Fruit

Friday, November 7

Stuffed Crust Pepperoni Pizza

Choose one or two:
Tossed Salad With Tomatoes

Choose one:
Pineapple

DON'T 4 GET!



... and at least three of the five items total so your meal counts as a complete lunch!

Monday, November

Hotdog/Bun

Choose one or two:
Baked Beans
Sweet Potato Bites

Choose one:
Fresh Fruit

Tuesday, November

Hamburger/Bun

Choose one or two:
French Fries
Vegetable Medley

Choose one:
Peaches

Wednesday,

Spaghetti/Meat Sauce with Roll

Choose one or two:
Romaine Salad With Tomatoes

Choose one:
Fresh Fruit

Thursday, November

BBQ/Roll

Choose one or two:
Coleslaw
Green Beans

Choose one :
Mixed Fruit

Friday, November 14

Cheese Pizza

Choose one or two:
Corn
Fresh Carrots

Choose one:
Applesauce



Monday, November

Corndog

Choose one or two:
Chuckwagon Beans
Potato Rounds

Choose one:
Fresh Fruit



NOVEMBER BIRTHDAYS

Stephen Crane -- Nov. 1

Mathew McConaughey (45) -- Nov. 4

Emma Stone (26) -- Nov. 6

Shailene Woodley (23) -- Nov. 15

Abigail Adams -- Nov. 22

Macy's Day Parade (90) -- Nov. 27



Students may purchase meals by the day, week, month or year.

Menus are subject to change without notice due to product availability.

Don't forget your breakfast and lunch money!

Tuesday, November

Chicken Nuggets with Roll

Choose one or two:
Mashed Potatoes
Green Beans

Choose one:
Peaches

BREAKFAST MENU:

:

Monday—Pancake/Sausage Wrap

Tuesday—Cinnamon Roll

Wednesday—Cereal/Graham Crackers

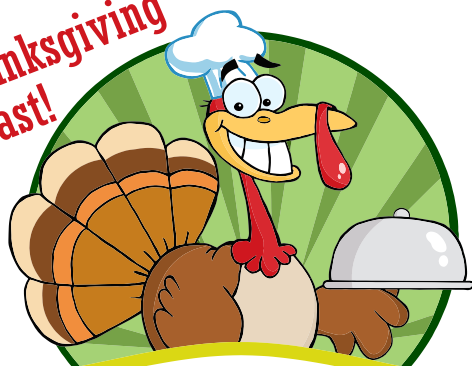
Thursday—MiniPancakes

Friday—Chicken Biscuit

Juice and fruit served daily.

Choice of cold milk served daily.

Thanksgiving Feast!



Thursday, November 20

Wednesday,

Hamburger/Bun

Choose one or two:
French Fries
Baby Carrots

Choose one:
Fresh Fruit

Thursday, November

Turkey/Dressing/Gravy With Roll

Choose one or two:
Collard Greens
Sweet Potato Casserole

Choose one:

Friday, November 21

Stuffed Crust Pepperoni Pizza

Choose one or two:
Tossed Salad with Tomatoes

Choose one:
Fresh Fruit

First things First -- New This Year!

Choose at least ONE serving of FRUIT and at least THREE items TOTAL so your meal counts as a Complete Breakfast!

BREAKFAST@SCHOOL
For first-class learning!

Monday, November

Hotdog/Bun

Choose one or two:
Baked Beans
Sweet Potato Bites

Choose one:
Fresh Fruit

Choice of Cold

Tuesday, November

Cheeseburger/Bun

Choose one or two:
Corn
French Fries

Choose one:
Applesauce

Choice of Cold



Other lunch entrée choices:
Small Chef Salad
Yogurt/Cheese Stick

Students may select one of these choices or the menued entrée.

THANKFUL...
We're For Your Patronage