

# November 2017

## Jr. – Sr. High School

### LUNCH

#### November is National Diabetes Month:

1 in every 156 students at Fairbury Public School have Type 1 Diabetes. Join us November 14 -- World Diabetes Day, by wearing **GRAY** to support diabetes awareness. .

#### Menu Information: Assorted Variety Deli Sandwiches, Chef Salad, and Yogurt/Cheese offered Daily.

(##) denotes carb counts in the serving size for that menu item with all its components.

Turkey/Cheese or Ham/Cheese or Hoagie (Turkey & Ham) on Sub Bun (30)

Chicken Salad on Sub Bun (34) or Tuna Salad on Sub Bun (30)

Chef Salad is served each day w/ Bread Stick & Croutons (32)

Yogurt/Cheese is served each day w/ Bread Stick & Granola (49)

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**NATIONAL NACHO DAY**  
Macho Nacho  
(7-8 (24) (9-12 (40) or  
BBQ Chicken on Bun (35)

6

Refried Beans (23)

**Sloppy Philly Beef (32)**  
(Ground beef, diced peppers  
and onions blended w/queso  
cheese served on a sub bun) or  
**Jeff Rib on Bun (38)**

7

Carrots (5)

**Pizza Melt (30)**  
(Ground Beef Patty smothered  
in zesty Pizza Sauce topped with  
Mozzarella Cheese on Panini Bread) or  
**Jeff Rib on Bun(38)**

1

Tater Tots (20)

Breaded Pork Patty  
on Bun (42) or  
Chicken/Cheese Flatbread(25)

2

Baked Beans (29)

NO SCHOOL

3

AREA – WIDE  
PROFESSIONAL  
DEVELOPMENT

Sausage Patties(0)  
w/Pancakes(27)&Syrup(30) or  
Hamburger on Bun (33)

13

Tater Tots (20)

**WORLD DIABETES DAY**  
(WEAR GRAY TO SUPPORT DIABETES AWARENESS)  
Chicken Noodle Casserole(26)  
w/HMD Bread(17)or  
Ham & Cheese Flatbread(29)  
Green Peas (11)

14

HMD Beef Pizza (35) or  
BBQ Chicken on Bun (35)

15

Corn (16)

Chicken Strips (7-8(16)  
(9-12 (21) w/HMD Bread(17) or  
Hamburger on Bun (33)

16

Broccoli w/Cheese (5)

**Chicken Fajita Bowl (23)**  
(Fajita seasoned Strips of Chicken  
over a bed of Chicken infused Rice  
topped w/Cheese w/Peppers & Onions  
on the Side) or  
**Jeff Rib on Bun (38)**  
Refried Beans(23)Apple Churro(27)

17

Blue & White Cookie(18)

**Fun Cowboy Burger (36)**  
(Cheeseburger topped w/Crunchy  
Fynyons finished with a Smoky Ranch  
sauce on the side) or  
**Roast Chicken on Bun (33)**

20

Corn (16)

Roast Turkey (0)  
w/HMD Bread (17 ea.) or  
Jeff Rib on Bun (38)

21

Mashed Potatoes(18)Gravy(4)  
Pumpkin Pie (32)

Blue Valley Brand  
Hot Dog on Bun (34) or  
Cheeseburger on Bun (33)

22

Baked Beans (29)

**THANKSGIVING DAY**

23

NO SCHOOL

NO SCHOOL

24

**Italian Chicken Sandwich (37)**  
(Roasted Chicken smothered in  
Marinara Sauce topped with Mozzarella  
Cheese served on Ciabatta Bread) or  
**Ham & Cheese Flatbread(29)**

27

Fresh Veggies

Stuffed Crust  
Cheese Pizza(35) or  
Cheeseburger on Bun (33)

28

Corn (16)

Country Fried Beef (16)  
w/HMD Bread(17) or  
Roast Chicken on Bun (33)

29

Mashed Potatoes(18)Gravy(4)

Chili (21)w/HMD Cinnamon  
Roll(41) & Crackers(5 ea. pk.) or  
Hot Dog on Bun (34)

30

Fresh Veggies

