

# NOVEMBER 2022

## Mescalero Apache School

### LUNCH

"This is an equal opportunity institution"



Like its poultry cousin, chicken, turkey **provides a source of iron, phosphorus, potassium, and B vitamins.** It also offers zinc, which helps boost the immune system and aid healing, and may keep vision loss at bay.

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

Chicken Nachos  
Lettuce and Tomato  
Refried Beans  
Grapes  
Choice of Milk

1

Posole  
Cucumbers  
Crackers  
Apples  
Choice of Milk

2

Steak Fingers  
Mixed Vegetables  
Mashed Potatoes  
Banana w/ Fruit  
Choice of Milk

3

NO SCHOOL

4

Lasagna Casserole  
Broccoli  
Mandarin Oranges  
Garlic Bread  
Choice of Milk

7

Indian Tacos  
Lettuce and Tomato  
Squash  
Grapes  
Choice of Milk

8

Pulled Pork Sandwich  
Cucumbers  
Apples  
Oven Potatoes  
Choice of Milk

9

BBQ Boneless Wings  
Baby Carrots  
Mac and Cheese  
Banana w/ Fruit  
Choice of Milk

10

NO SCHOOL

11

Turkey w/ Mashed Potatoes  
Green Beans  
Stuffing  
Soft Roll  
Pumpkin Fluff  
Choice of Milk

14

Corn Dogs  
Broccoli  
Oven Potatoes  
Apples  
Choice of Milk

15

Chicken Alfredo  
Peas  
Mandarin Oranges  
Garlic Bread  
Choice of Milk

16

Tamales  
Spanish Rice  
Beans  
Grapes  
Choice of Milk

17

NO SCHOOL

18

Fall Break

21

Fall Break

22

Fall Break

23

Fall Break

24

Fall Break

25

Chop Suey  
Broccoli  
Mandarin Oranges  
Fortune Cookie  
Choice of Milk

28

Chicken Enchiladas  
Lettuce and Tomato  
Spanish Rice  
Beans  
Grapes  
Choice of Milk

29

Cheeseburger  
Cucumbers  
Oven Potatoes  
Apples  
Choice of Milk

30

