

## November 2023

Ten Sleep School  
Lunch Menu

		01 Chicken Chip Casserole Green Beans Diced Peaches Munchkin Muffins Milk	02 Beefy Nachos Refried beans Romaine Lettuce Salsa Fruit Milk	03 Pulled Pork Sandwich Baked Beans Baby Carrots Cucumber Slices Applesauce Milk
06 Sweet and Sour Chicken Mixed Veggies Diced Pears Milk	07 Grilled Cheese Tomato Soup Or Potato Soup Fruit Milk	08 BBQ Chicken Drumsticks Macaroni and Cheese Peas Grapes Milk	09 Spaghetti with Meat Sauce Lettuce Salad Garlic Bread Stick Fruit Milk	10 Corn Dog French Fries Baby Carrots Mandarin Oranges Milk
13 Lunch Entree Meatball Sub or Pizza Sub Green Beans Diced Peaches Milk	14 Thanksgiving Dinner Mashed Potatoes Green Beans Hot Rolls Fruit Milk	15 Sausage Gravy & Biscuits Egg Vegetables Pineapple Tidbits Milk	16 Hamburger Deluxe French Fries Corn Apple Slices 9-12 Milk	17 Tater Tot Casserole Peas Pears Milk
20 Beef & Bean Burrito Spanish Rice Corn Apple Slices Milk	21 Crispy Chicken Sandwich French Fries Baby Carrots Cucumber Slices Oranges Milk	22 Thanksgiving Holiday	23 Thanksgiving Holiday	24 Thanksgiving Holiday
27 Chicken Pot Pie Peas Diced Peaches Milk	28 Cheese Pizza Or Pepperoni Pizza Romaine Lettuce Cottage Cheese Pineapple Tidbits Milk	29 Choice of Ham Sandwich Tuna Salad Sandwich Turkey & Cheese Sandwich French Fries Peas Mandarin Oranges Milk	30 Taco Soup Or Chicken Chili Corn Bread Baby Carrots Red Bell Pepper Strips Grapes Milk	

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
- fax: (833) 256-1665 or (202) 690-7442; or
- email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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