### La Grande School Fruit & Veggie Menu

**November 2019**

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Veg Choice</td>
<td>Veg Choice</td>
<td>Veg Choice</td>
<td>Veg Choice</td>
<td>Veg Choice</td>
</tr>
<tr>
<td>Red/Orange</td>
<td>Red/Orange</td>
<td>Red/Orange</td>
<td>Red/Orange</td>
<td>Red/Orange</td>
</tr>
<tr>
<td>Other</td>
<td>Other</td>
<td>Other</td>
<td>Other</td>
<td>Other</td>
</tr>
<tr>
<td>Canned Fruit Bar</td>
<td>Fresh Fruit Bar</td>
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<tbody>
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<td>Veg Choice</td>
<td>Veg Choice</td>
<td>Veg Choice</td>
<td>Veg Choice</td>
</tr>
<tr>
<td>Red/Orange</td>
<td>Pea/Bean/Lentil</td>
<td>Pea/Bean/Lentil</td>
<td>Pea/Bean/Lentil</td>
<td>Pea/Bean/Lentil</td>
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<tr>
<td>Other</td>
<td>Dark Green</td>
<td>Other</td>
<td>Dark Green</td>
<td>Other</td>
</tr>
<tr>
<td>Fresh Fruit Bar</td>
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<td>Veg Choice</td>
<td>Veg Choice</td>
<td>No School</td>
<td>Thanksgiving</td>
</tr>
<tr>
<td>Red/Orange</td>
<td>Pea/Bean/Lentil</td>
<td>Pea/Bean/Lentil</td>
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<td>Thanksgiving</td>
</tr>
<tr>
<td>Other</td>
<td>Dark Green</td>
<td>Other</td>
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</table>

### Information

- **Regular** $ 
- **Reduced** $ 
- **Adult** $ 
- **MilK** $ 
- **Extra Entree** $

**Milk choice of 1% White, Skim or Chocolate. Skim is included with lunch. Entree Salads are served with Dinner Roll. For questions contact:** Heather Torres at taher@lagrandesd.org

### Extra Info

**No School**

**Thanksgiving**

**November 2019**

**La Grande School**

**Fruit & Veggie Menu**

Menus are subject to change without notice. This institution is an equal opportunity provider.